

THE AGAWAM

P.O. BOX 263
FEEDING HILLS

MA 01030

ADVERTISER/NEWS

25¢

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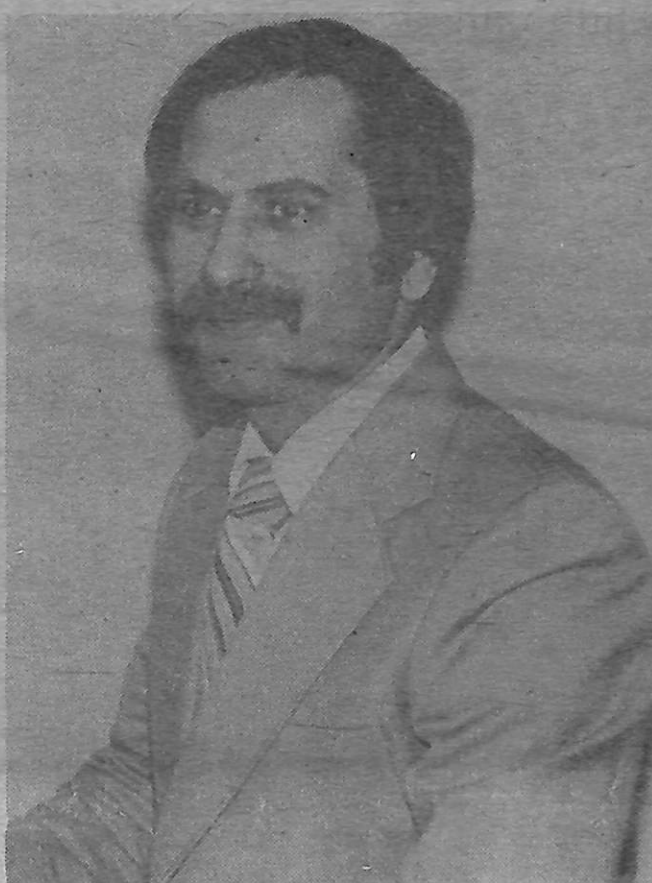
Volume V, Number 1

Agawam's Hometown Newspaper

January 7, 1982



DONALD RHEAULT, a veteran councilor from Precinct 3, was elected as Town Council's new president for the 1982-84 session. Rheault was elected by a narrow 8-6 vote Monday night.



STEPHEN R. CINCOTTA, a three-term councilor at-large, was defeated in his bid for the council presidency Monday night. Cincotta says that the council must be unified in the upcoming session and pledged to work towards that end. Advertiser/News photo by Jack Devine.

Rheault Wins Council Chair In Close Vote

By Stuart Parker

During the campaign for Town Council presidency, signs of a council split began to surface, however, following the election of Donald Rheault over Stephen R. Cincotta by an 8-6 vote Monday night, each man expressed the need for council unity.

Roberts Elected

The first meeting of the new council also brought the election of Dennis Roberts as council vice-president over newcomer Peter Mazza by a tight 8-7 margin.

In his victory statement, Rheault said, "I hope there is no division among us as to who was elected president. It is an issue that is now behind us." He added, "With the new council spirit I believe we can lead Agawam on the road to prosperity. Together, we will meet our challenges."

Town Manager Edward A. Caba cited the communication and cooperation enjoyed by he and Rheault in the past and said he expects the same to continue.

Caba said, "He (Rheault) will do all he can to bring a team effort to the council and I believe he will have the cooperation of the council as a whole. These are necessary ingredients for success."

Following the council meeting, Rheault stressed Agawam's need for a greater industrial tax base and vowed his efforts as council president would be to achieve that end.

Rheault's opponent, Cincotta, agreed the town needs more industry for a strong tax base. Cincotta accepted the election with the grace that has followed his six years on the council. He said, "I think Don will be a fine council president. Now it's time to get on with the issues of the town."

See Rheault - Page 2...

CourtHouse Hires Donn As New General Manager



LARRY DONN of West Springfield has been hired by THE COURTHOUSE RACQUETBALL & HEALTHFITNESS FACILITY in Feeding Hills Center as its new general manager effective January 1. Advertiser/News photo by Jack Devine.

The management of THE COURTHOUSE RACQUETBALL HEALTH FITNESS FACILITY today announced that Larry Donn has been retained as general manager of the club effective January 1, 1982.

The selection of Donn concludes a five month multi-state search on the part of the owners of THE COURT HOUSE for a professional in the field of sports recreation capable of the management of such a multi-faceted facility.

Donn is currently the general manager of the Wilbraham Tennis Club, one of the most successful indoor tennis facilities in the area. He has been with them for six years where he has been responsible for increased member participation, new and innovative recreational, health, nutrition and exercise programs for members of all ages.

He is a member of the Ektelon pro staff for racquetball and also the Spaulding advisory staff for tennis. Prior to his association with the Wilbraham Tennis Club, he was involved in the management of the Dellwood Country Club where he was also in charge of programs in the health fitness area for its members.

Donn is a graduate of Bucknell University where he majored in Business Administration and Economics. He currently resides in West Springfield with his wife, Deborah.

Donn's observations of THE COURT HOUSE and THE JUDGES CHAMBERS Restaurant and Lounge contained therein are that the facilities' design will enable a great diversification of recreational activities to take place at any one time.

He envisions THE COURT HOUSE as not only a racquetball club, but a facility able to provide community recreational activity and all-around physical health for its members.

Joseph Pacella, one of the club's principal owners, said of Donn, "We are sure that under Larry's supervision, our facility will provide its members with the finest selection of recreation and health activities in the area."



DENNIS ROBERTS, who has returned to the council ranks after a two-year absence, was elected Town Council's vice-president by an 8-7 vote Monday night.

Supporting Mrs. Sandlin For Chair

See Editorial Page 12

A Hard Look At Development In Town

See Editorial Page 12



THOMAS COPPOLA

Coppola Supports Local Development

By Stuart Parker

EDITOR'S NOTE: In completing our series of interviews with newly elected town councilors, Thomas Coppola, from Precinct 4, had several comments on the planned industrial park for Bowles Airport and also discussed Proposition 2 1/2.

One of two councilors to be elected without opposition, Thomas Coppola, from Precinct 4, said he hoped he could offer Town Council "some good common sense" during a period that might involved great growth for the town.

Coppola wasted no time in expressing his views when last Monday at his first council meeting he

nominated and voted for Donald Rheault for council president.

Following Rheault's election, Coppola commented, "With the building of an industrial park we need a man with Rheault's experience and business background as council president."

Observing the newly planned industrial park for Bowles Airport, Coppola noted that the completion of the Route 57 extension project is an important aspect of the park's future success. He said the extension is necessary to handle the increased traffic in the area sparked by the industrial park.

Coppola said, "It's mandatory that Route 57 be completed and I think it's time we talk to state officials and start hounding them until the job gets done."

Coppola said he was in favor of the \$600,000 investment given by the town to WestMass Development Corporation, who are charged with the park's development. "I think this is the first drop in the bucket. The industrial park could be the best thing to happen to Agawam in 50 years."

As for Proposition 2 1/2, Coppola said he was tired of hearing what the town could no longer afford. He said, "Proposition 2 1/2 has become a scapegoat for politicians. It's purpose was to get rid of waste. If we did rid ourselves of 60-70 percent of our waste 2 1/2 could work."

Coppola conceded that 2 1/2 would make budget preparation a formidable task and cited road improvement to the industrial park and the town's school system as priority items. He also said police and fire department budgets "cannot sustain a loss in manpower."

Coppola felt the town's ability to take in greater tax revenues was not limited to increasing its industrial base. "I've lived in the Pynchon Apartments for 17 years now and like most apartment dwellers I don't bring any children with me that brings any school expense to the town."

Coppola said that while some people in town are supporting 2 1/2, they ridicule zone changes that can help support the school system and municipal services through taxes. Asked his positions on zone changes that will help the tax base, he said, "I will support zone changes for projects of this nature."

Coppola stressed the need for a more cooperative air among members of Town Council and said the time has come for political stability in Agawam rather than sensationalism and disunity.

"I think people here have had enough of factionalism in town politics and I want to help prevent this in the future."

Rheault Elected - From Page 1....

Rheault said he would reinstate the council's budget subcommittees to achieve better budget examination and fairer expenditures. Last year, the council nixed the budget committees on the request of former Town Manager Richard J. Bowen.

Citing the need to combat Proposition 2 1/2, Rheault said, "We must have adequate police and fire protection. These departments cannot be reduced. We cannot be vulnerable to the emergency type thinking that, last year, led the council to eliminate the Park and Recreation Department budget in a town where sports and many town programs had been built-up over the years."

Tough Decisions

Newly elected Vice-President Dennis Roberts felt the impacts of Proposition 2 1/2 would bring tough decisions by Town Council this year and said he hoped his budgetary experience would help implement a constructive town budget.

On the roll call vote, councilors supporting Rheault were Thomas Coppola, Mario DeLucchi, Walter Kerr, Daniel Lacienski, Benjamin Lockhart, Jack Shaughnessy, Roberts and Rheault.

Councilors supporting the at-large Cincotta were Andrew C. Gallano, Richard Theroux, Frederick Nardi, Alfred Trehey, Mazza and Cincotta.

Precinct 6 councilman Paul Paleologopolous, in an unprecedented move, abstained from voting for either candidate for the presidency.

Councilors supporting at-large councilor Roberts for the vice-presidency were DeLucchi, Kerr, Lacienski, Coppola, Lockhart, Rheault, Shaughnessy and Roberts.

Councilors supporting at-large councilor Mazza were Cincotta, Gallano, Kerr, Nardi, Paleologopolous and Mazza.

Center Offers Two New Groups

Two new groups will begin during January at the Agawam Counseling and Youth Services Center.

A series of five career workshops for youth will begin on January 12th. Special exercises designed to help participants identify career interests and strengths will be offered. Those enrolled in the workshops will also have the opportunity to explore career opportunities in areas of interest to them.

The workshops will be conducted by the Center's youth counselor Janis McCool, who holds a master's degree in guidance and psychological services and has worked as a guidance counselor. Those interested should contact her at the center (786-6410).

For adults, a Women in Transition group will begin the week of January 10th. The group will be led by Kathy Varner and will focus on areas of concern to women such as life crises and transitions, relationships, the work place, loneliness and single parenthood. Interested persons should contact the center.

A nominal activity fee will be charged for both programs. Fees may be waived under certain circumstances.

The Agawam Counseling and Youth Services Center is located at 770 Springfield Street, Feeding Hills.

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KEEP HUNDREDS OF 1982 TAX DOLLARS FOR YOURSELF!

START AN INDIVIDUAL RETIREMENT ACCOUNT AT WESTFIELD SAVINGS

All the money you put into an IRA (up to \$2000 of your income, double that if your spouse is working) is tax-deferred. You save tax dollars and build a big retirement fund!

And remember: You're eligible to participate even if you're covered by another pension plan!

Call us today for the details.

westfield savings bank THE HEADLINER BANK

141 ELM STREET
WESTFIELD

DRIVE-IN OFFICE
26 A1 NOLD STREET
WESTFIELD

206 PARK STREET
WEST SPRINGFIELD

300 MAIN STREET
AGAWAM

**Tom Vining, Formerly Of Campbell's
Garage, Has Now Relocated To 521
River Road, On The Corner Of Leonard Street.**



TOM VINING (left) and Dan Rising will be operating a used car dealership at Tom's new 521 River Road address. Tom, of course, will also be at his new location for his professional and reasonable auto repair service.

**Tom Invites All Of His Loyal Customers To Stop
In At His New Location For Quality And
Professional Auto Repairs At Reasonable Prices.**



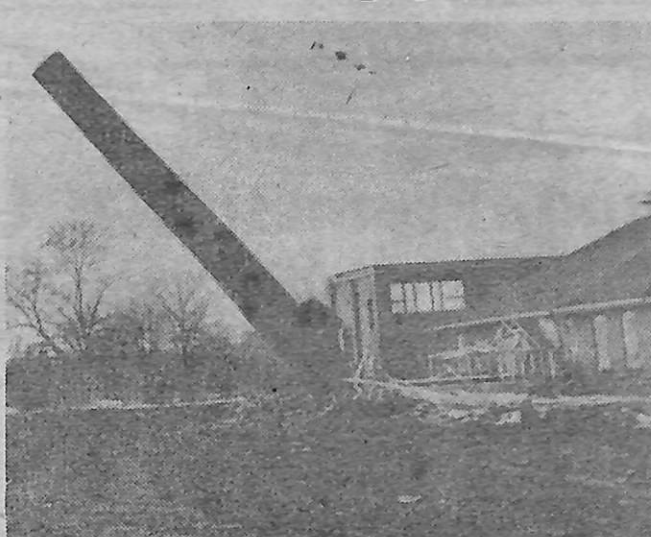
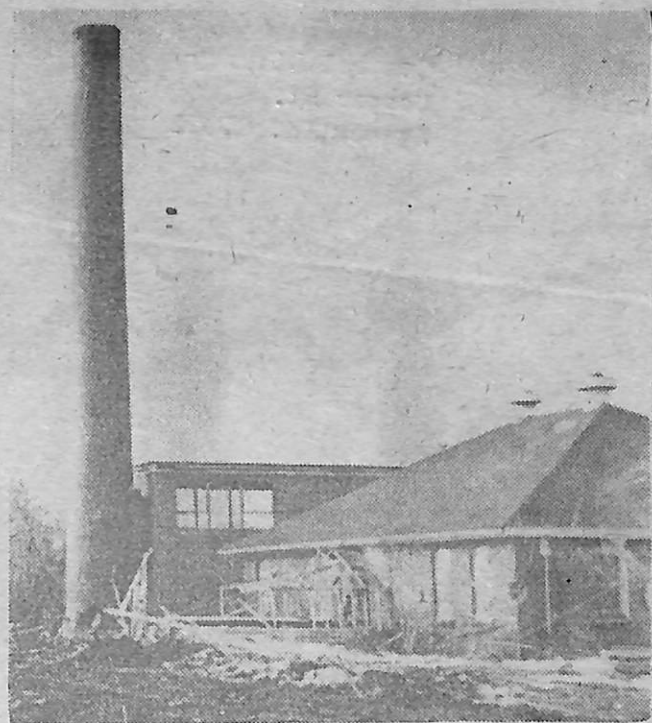
KEEPING YOUR CAR ON THE ROAD with dependable service was Tom's motto while at his Campbell's Garage location and he promises this will continue at his new River Road address.

**All Major-Minor Repairs
24 Hour Towing
And Road Service**

**TOM'S NEW ADDITION
QUALITY USED CARS
NOW AVAILABLE**

**Open Monday-Friday 7:30-5:00 P.M.
(413) 786-8260 (413) 789-0096**

Going... Going... Gone...



Green House Smoke Stack Rolls Over For Housing

Advertiser/News photographer Jack Devine had his trusty camera ready for the recent demolition of the 85 foot smoke stack at the old Atkins Green House on River Road.

Atkins Farms officially closed their greenhouse operations two years ago after many years in business. There were 14 greenhouse at the 15-acre site, now owned by Vincent M. Connor, president of Connor Builders Inc.

Connor is constructing 5 zero-based-energy homes on the riverfront lots and will be constructing 3 more on Leonard Street.

Greg Kudlik of Kudlik Brothers Dismantling Company of Agawam undertook the demolition project which was done by cutting the big tower at several strategic pressure points.

The demolition of the greenhouses began several months ago.



How To Help Your Emergency Services

The winter season is upon us with all it's blanketing white beauty. Make it easier for your emergency services (Fire, Police and Ambulance) to help you. Consider the following.

1. Keep your driveways and sidewalks clear of ice and snow. Be sure all doors and exits are clear and accessible.
2. Be sure your house numbers are visible and not covered or blocked by ice and snow.
3. When calling for emergency response, state your name, the type and severity of the problem, and the EXACT location.
4. Try to have somebody stationed safely near the road edge to signal responding vehicles. If dark, use a flashlight.
5. If there is a fire hydrant on your property, please do yourself and your neighbors a favor by clearing it of ice and snow.

MUNICIPAL EVENTS Sponsored By COLONIAL FUNERAL CHAPEL

Thursday, January 7th
Planning Board
Public Library
7:30 P.M.

Tuesday, January 12th
Liquor Commission
Town Hall
7:30 P.M.

Tuesday, January 12th
School Committee Meeting
Junior High School
7:00 P.M.

Thursday, January 14th
Conservation Commission
Public Library
7:30 P.M.

985 Main St., Agawam
733-3625
Non-Sectarian
A Forastiere Service

COLONIAL FUNERAL
CHAPEL

SPEND AN EVENING WITH US!

FINE ITALIAN CUISINE

Complete Dinner Specials

Friday: Prime Ribs Of Beef \$9.75
Baked Stuffed Scrod \$7.25

Saturday: Veal Cacciatore \$7.95
Chicken Rolatini \$8.25

Tues.-Fri. **Early Bird Dinners** (Served 4-6 P.M.)
Lasagna \$4.50
Squid With Linguini \$5.95

OUR FAMOUS HOUSE SPECIALTY

ZUPPA DE PESCE

By
Michael Demusis

Casa di Lisa
(413) 786-5788

801 Springfield St., Feeding Hills
Serving 4:30-10:00 P.M. Tues.-Sat. 3-10 P.M. Sun. Closed Mon.

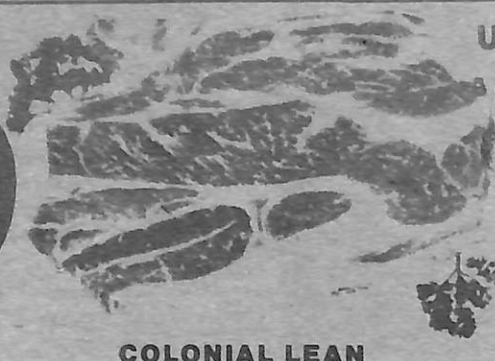
DOUBLE COUPON SAVINGS ON MANUFACTURERS' "CENTS OFF" COUPONS

PRICES EFFECTIVE SUNDAY, JAN. 3 THROUGH SATURDAY, JAN. 9.

Redeem manufacturers' "Cents Off" coupons by buying the items and we will double the value stated on the coupons! Our "Double Savings" program applies to manufacturers' coupons you clip from newspapers and magazines - not "Free" or other retailers' coupons. The only exceptions are listed below:

1. We will only double one coupon per item. Additional coupons will be redeemed at single face value.
2. We will not double any coupons over 99¢.
3. Only one coffee (including vacuumed and instant) may be doubled per order.
4. If the double coupon value exceeds the retail price on the item, you receive the item free, with no cash refund.

See Store For Details!



U.S.D.A. CHOICE BEEF BONE-IN

CHUCK STEAK OR ROAST

(ALL CENTER CUTS)

99¢

LB.

LIPMAN FRESH
Chicken
Leg
Quarters
49¢ LB.

LIPMAN FRESH
WHOLE
CHICKEN
BREAST
99¢ LB.
(SPLIT LB. \$1.09)

LIPMAN
FRESH FRYING
BOX-O
CHICKEN
3 LEG QTRS., 3 BREAST QTRS.,
3 WINGS, 3 GIBLET PACKS
59¢ LB.

COLONIAL LEAN
SMOKED
SHOULDER
(PICNIC)

79¢

LB.

COLONIAL LEAN - MAPLE or SPECIAL CUT
SLICED BACON 1 LB. PKG. **\$1.49**
COLONIAL SLICED 4 VARIETIES
MEAT BOLOGNA 1 LB. PKG. **99¢**
COLONIAL
EXTRA MILD FRANKS 1 LB. PKG. **\$1.19**
OUR BEST SKINNED & DEVEINED
BEEF LIVER (NO LIMIT) LB. **79¢**

U.S.D.A. CHOICE BEEF BONE-IN UNDERBLADE

STEAK or ROAST LB. **\$1.59**U.S.D.A. CHOICE BEEF BONELESS LONDON BROIL BONELESS SHOULDER LB. **\$1.99**U.S.D.A. CHOICE BEEF BONELESS CHUCK CUBE STEAK LB. **\$2.19**U.S.D.A. CHOICE BEEF BONE-IN NECK SOUP CHUCK LB. **99¢**U.S.D.A. CHOICE BEEF CHUCK FOR STEW LB. **\$1.99**FRESH LEAN PORK SPARE RIBS LB. **\$1.39**FRESH PORK SHOULDER (PICNIC) LB. **99¢**U.S.D.A. CHOICE FRESH AMERICAN SHOULDER BLADE LB. **\$1.99**LAMB CHOPS LB. **\$1.99**

NOBODY
(AND WE MEAN NOBODY)
BEATS
OUR TRIM!

Here's why Food Mart's Beef is the best there is...

BEST FOR QUALITY... always U.S.D.A. Choice... that's all we sell!

BEST FOR FLAVOR... aged for tenderness and taste!

BEST FOR VALUE... always trimmed right and priced right!

REDEEM THESE FOOD MART COUPONS ANYTIME YOU SHOP THIS WEEK FOR A BIG BONUS! ALL WITH ONE \$7.50 PURCHASE!

LU 58
BOUNTY TOWELS
ASSORTED
100 SHEET ROLL
59¢
WITH PRIOR \$7.50 PURCHASE
And this coupon at Food Mart
Exclusive of coupon items. Good
thru Sat. Jan. 9. Limit one roll
one coupon per customer.

LU 59
PAMPERS DIAPERS
TODDLERS-48CT. NEWBORN-90CT.
EX. ABSORBENT - 60 CT.
\$6.89
WITH PRIOR \$7.50 PURCHASE
And this coupon at Food Mart
Exclusive of coupon items. Good
thru Sat. Jan. 9. Limit one pkg.
one coupon per customer.

LU 60
FOLGER'S INSTANT COFFEE
10 OUNCE JAR
\$3.49
WITH PRIOR \$7.50 PURCHASE
And this coupon at Food Mart
Exclusive of coupon items. Good
thru Sat. Jan. 9. Limit one jar
one coupon per customer.

LU 61
CREST TOOTHPASTE
REG. - MINT - GEL
6.4 OZ. TUBE
99¢
WITH PRIOR \$7.50 PURCHASE
And this coupon at Food Mart
Exclusive of coupon items. Good
thru Sat. Jan. 9. Limit one tube
one coupon per customer.

LU 62
DAWN LIQUID
22 OZ. CONTAINER
\$1.09
WITH PRIOR \$7.50 PURCHASE
And this coupon at Food Mart
Exclusive of coupon items. Good
thru Sat. Jan. 9. Limit one
container one coupon per
customer.

NEW YORK STYLE DELI!
JACK & JILL
OLD FASHIONED
Wide Bologna
\$1.29 LB.
COLONIAL LEAN COOKED HAM
WATER ADDED
\$2.19 LB.

CARANDO TASTY
Mortadella LB. **\$1.99**
CARANDO NEW ENGLAND
Luncheon Roll 1/2 LB. **\$1.29**
COLONIAL LEAN GLAZED VIRGINIA BRAND
Cooked Ham LB. **\$2.49**
DELICIOUS
Alpenjoy Cheese LB. **\$2.99**
VERY SHARP AMERICAN AURRICHO
Provolone LB. **\$3.79**
COLONIAL
Turkey Pastrami 1/2 LB. **\$1.39**
IMPORTED MAJESTY
Danish Ham 1/2 LB. **\$1.69**
HANSEL & GRETEL - OLIVE or
P & P Loaf LB. **\$1.89**
DELICIOUS - ALL VARIETIES
Lenders Bagels DOZ. **\$1.49**
OIL CURED GREEK or SICILIAN
Olive Sale LB. **\$1.49**

IMPORTED PART SKIM
BABY SWISS CHEESE
\$2.59 LB.
FINEST QUALITY - STORE SLICED
LOX NOVA or REGULAR 1/2 lb. **\$2.39**
MOGEN DAVID
Kosher Salami 2 LB. BULLET **\$4.99**
HEAT & SERVE - POTATO or KASHA
Large Knishes 3 FOR **\$1.**

LU 63
MR. CLEAN
28 OZ. BOTTLE
\$1.49
WITH PRIOR \$7.50 PURCHASE
And this coupon at Food Mart
Exclusive of coupon items. Good
thru Sat. Jan. 9. Limit one bottle
one coupon per customer.

LU 64
BOUNCE FABRIC SOFTENER
20 COUNT PKG.
99¢
WITH PRIOR \$7.50 PURCHASE
And this coupon at Food Mart
Exclusive of coupon items. Good
thru Sat. Jan. 9. Limit one pkg.
one coupon per customer.

LU 66
ERA DETERGENT
32 OZ. CONTAINER
\$1.59
WITH PRIOR \$7.50 PURCHASE
And this coupon at Food Mart
Exclusive of coupon items. Good
thru Sat. Jan. 9. Limit one
container one coupon per
customer.

LU 67
CHARMIN BATH TISSUE
WHITE - ASSORTED
4 ROLL PACK
99¢
WITH PRIOR \$7.50 PURCHASE
And this coupon at Food Mart
Exclusive of coupon items. Good
thru Sat. Jan. 9. Limit one pack
one coupon per customer.

LU 68
PERT SHAMPOO
NORMAL - OILY
7 OZ. BOTTLE
\$1.29
WITH PRIOR \$7.50 PURCHASE
And this coupon at Food Mart
Exclusive of coupon items. Good
thru Sat. Jan. 9. Limit one bottle
one coupon per customer.

LU 71
SCOPE MOUTHWASH
24 OZ. BOTTLE
\$1.99
WITH PRIOR \$7.50 PURCHASE
And this coupon at Food Mart
Exclusive of coupon items. Good
thru Sat. Jan. 9. Limit one bottle
one coupon per customer.

LIGHT & LIVELY ICE MILK
ALL FLAVORS
1/2 GAL. CONTAINER
\$1.39

RONZONI ENTREES
ASSORTED VARIETIES
8 TO 12 OZ. PKGS.
89¢ PKG.

Light n' lively YOGURT
ALL FLAVORS
8 OUNCE CUP
3 FOR \$1.
HOOD'S
COTTAGE CHEESE
Country Style and
Large Curd Only
16 OZ. CUP **89¢**

FROZEN FOODS GALORE!

GAYLORD
Orange Juice 12 OZ. CAN **79¢**
BANQUET - ASSORTED VARIETIES
Boil In Bags 5 OZ. PKG. **3 FOR \$1.**
Gorton Fillets 24 OZ. PKG. **\$2.99**
HEINZ
Dinner Fries 20 OZ. PKG. **99¢**
GORTON CRUNCHY
Fish Sticks 8 OZ. PKG. **99¢**
GORTON CRUNCHY
Fish Fillets 7 OZ. PKG. **99¢**

FRESH DAIRY DELIGHTS!

FLORIDA CITRUS 100% PURE
Orange Juice 1/2 GALLON CONTAINER **99¢**
WHITE or YELLOW
Borden's Singles 16 OZ. PKG. **\$1.89**
HOOD'S 1%
Low Fat Milk 64 OZ. CONTAINER **79¢**
COLUMBO
Plain Yogurt 32 OUNCE CONTAINER **99¢**
2 LB. CONTAINER
Blue Bonnet LIGHT & TASTY SPREAD **\$1.09**
WALDBAUM'S
Cream Cheese 8 OZ. PKG. **69¢**

FOOD MART'S ANNUAL CASE LOT CITRUS SALE!

FRESH SWEET JUICY FLORIDA ORANGES, SEEDLESS SUNKIST CALIFORNIA NAVEL ORANGES, SWEET TEXAS RUBY RED GRAPEFRUIT. ALL ON SALE THIS WEEK AT SPECIAL PRICES! SAVE EVEN MORE BY BUYING BY THE CASE. ALL ARE U.S. NO. 1 FRUIT PICKED AT THEIR PEAK OF FLAVOR AND RUSHED TO FOOD MART STORES. NOW IS THE TIME TO BUY!!

SWEET JUICY SUNKIST SEEDLESS NAVEL ORANGES
BY THE CASE **\$8.99** SAVE \$2.31
LOOSE **10 FOR \$1.** LOW PRICE

SWEET TEXAS RUBY RED GRAPEFRUIT
BY THE CASE **\$6.99** SAVE \$1.01
LOOSE **6 FOR \$1.** LOW PRICE

SWEET JUICY FLORIDA ORANGES
BY THE CASE **\$7.99** SAVE \$2.01
LOOSE **10 FOR \$1.** LOW PRICE

CHIQUITA or DOLE RIPE
YELLOW BANANAS 3 LBS. **\$1.**
LARGE BUNCH - TENDER
FRESH BROCCOLI **79¢**
U.S. NO. 1 ALL PURPOSE
YELLOW ONIONS 3 LB. BAG **69¢**

FRESHLY BAKED GOODS!
DRAKE'S VALUE PACK
COFFEE CAKE - 17 OZ.
DEVIL DOGS - 24 OZ.
16 COUNT PKG. **\$1.99**
NISSENS BUTTER TOP OATMEAL BREAD
22 OZ. LOAF **89¢**
DREIKORN'S
Honey Wheat Bread 24 OZ. LOAF **89¢**

AGAWAM
3 Springfield St.

FOOD MART STORES
PRICES EFFECTIVE IN AGAWAM AND WESTFIELD

WESTFIELD
East Main Street

SOCIAL

Polish Club Donates TV To Elderly



THE POLISH AMERICAN CLUB recently donated a color TV set to the Agawam Housing Authority at their North Westfield Street housing facilities. On hand for the ceremonies were, from left, Bernie Szczygile, member of the board of directors of the Polish American Club; Bessie Patno, a Housing Authority tenant; Phyllis Mason, executive director of the Housing Authority; and Edward Smith, vice-president of the Polish American Club. Advertiser/News photo by Jack Devine.

Valley Grange To Meet

The first meeting in 1982 of Pioneer Valley Pomona Grange will be on Friday, January 8th, at the Grange Home on North West Street, Feeding Hills beginning at 8 p.m.

Following a business meeting conducted by Master, Thomas Colthart, of Southampton Grange, the program will involve discussion groups on current topics of interest to members. Miss Florence Blish, Lecturer, has arranged the group topics.

Other granges expected to attend are from Southwick, Granville, Westfield and West Springfield.

Hi-Lighters Slate Dance

The Agawam Hi-Lighters Square Dance Club will hold a dance on Friday, January 8th, at Valley Community Church, Feeding Hills.

Bob Turnbull will be the caller for the workshop dance.

Baptist Church To Sponsor Ham & Bean Supper

The Agawam Baptist Church will sponsor a family-style ham and bean supper on Saturday, January 9th. Serving times will be at 5 and 6:15 p.m.

The menu will consist of baked ham, home-baked beans, potato salad, cole slaw, rolls, assorted homemade pies, coffee or tea.

Tickets are \$4 for adults and \$1.50 for children under 12. For reservations, call 786-7410, 786-2176, or 789-1481.

Holy Name Society Slates Dinner Meeting

The Holy Name Society of St. Anthony of Padua Church will hold a dinner meeting on Tuesday, January 12th at the Squires restaurant, 15 King Street. All past presidents will be honored.

Social and cocktail hour will begin at 7 p.m. with dinner set for 7:30. A choice of veal parmigiana, half-chicken, or ziti and sausage will be offered.

Each member is requested to bring a potential candidate.

Fashion Show Celebrates Store's Grand Opening

A vintage fashion show will be held at the new location of Irene's Closet this Thursday, January 7th, to celebrate the store's grand opening.

The fashion presentations will be made at 2:00 and again at 7:00 p.m. at the new locale, 337 Walnut Street Extension, Agawam. Refreshments will be served.



NOW
In Our New Store

Suits * Dresses
Jeans * Sweaters
Blouses * Coats

ANTIQUE CLOTHING TOO!

Walnut St. Extension, Agawam, Mass.
(Old Ryan Store)

Shaker Farms Country Club

Requests The Honor Of Helping To Make
Your Wedding Day Dreams Come True
With Our Complete Bridal Show.

Sunday, January Tenth, Nineteen Hundred Eighty-Two
Between 12 Noon And 6 P.M.



Two
Fashion
Shows

2 P.M. And 4 P.M.

Exquisite Creations For The Most Exciting Day Of Your Life!

See Our Many Beautiful And Helpful Displays
To Make Your Wedding Plans
And Wedding Day Perfect.

Shaker Farms Country Club

Shaker Road, Westfield (413) 568-4087

FREE ADMISSION



Briarwood FURNITURE DISTRIBUTORS

distinctive livingroom furniture

OPEN TO THE PUBLIC

Factory Showroom (413) 562-5500
125 North Elm St., (Rt. 202)
Westfield Mass.



Friends and Neighbors

By Rita White

Now, on with the new year. What is going on in yours? Graduations? Promotions? Anniversaries? Birthdays? Awards? We all have these things in our daily lives and please, share them with your friends and neighbors. You are most welcome to call me at home at 786-4970 with your information or leave a message at the newspaper office at 786-8137/786-7747 and I will get back to you.

Agawam wants to know what's happening with its "friends and neighbors."

DAVID & DEBORAH PROVA of 116 Liberty Street in Feeding Hills welcomed a daughter on December 1, ANDREA MARIE PROVA.

JOHN & ALLISON KULAGA were joined by a new son, JARED MICHAEL on December 2. The Kulagas live at 51 Blacksmith Road, Feeding Hills.

ERIC ANTHONY MANCINI joined the Agawam population on December 2. He is the son of proud parents BRUCE & BARBARA MANCINI of 94 Liquori Lane in Feeding Hills.

On December 3, CHRISTOPHER WILLIAM SMITH made his debut for parents William & MARY JANE SMITH of 432 Pine Street, Feeding Hills.

Also joining the world was LAURA ELIZABETH REVERIEYZI on December 8th. Laura joined her parents, JAMES & PATRICIA REVERIEYZI of 115 Spencer Street, Agawam.

On December 11th, CHRISTIAN ALFREDO CORTES made his parents, ALFREDO & MARIA CORTES proud and quite happy. The family makes its home at 58 Regency Park Drive, Agawam.

BRIAN JAMES LABORDE choose December 12th to make his appearance for parents RAYMOND & MARY LABORDE of 83 Alfred Circle, Agawam.

GERALD & LISA LABONTE celebrated the arrival of their daughter, BRIDGET MARIE on December 15th. The Labontes live at 616 Suffield Street, Agawam.

December 16th was the big day for AMY ANN BRETON to make her appearance. Proud parents are KENNETH & ROBERTA BRETON of 536 Franklin Street Extension, Agawam.

Just in time to make a lovely Christmas present was MATTHEW ROBERT BIZA, who weighed in at 7 pounds. 4-year old siser, STEPHANIE LYNN must have thought Santa Claus was bringing her a real live doll. Matthew is the son of ROBERTA & DARLYN BIZA of 39 Vadnais Street, Agawam. Some happy grandparents were FRANK & HELEN BIZA of Monroe Street, Agawam and JOSEPHINE BRAMAN of Hendom Drive, Feeding Hills.

A Christmas present in the form of a 7 3/4 pound baby girl came to Mr. and Mrs. WILLIAM G. PFAU III of Lebanon, New Hampshire.

Arriving at 12:02 am (and awaiting the arrival of Santa Claus), ERIN SILK PFAU was the first Christmas baby born in the Mary Hitchcock Hospital in Hanover, New Hampshire.

Erin is the Pfau's first child. The grandparents are Mr. and Mrs. WILLIAM G. PFAU of 71 Western Drive, Agawam and Mr. and Mrs. WILLIAM SILK of 29 Roanoke Avenue, West Springfield. Congratulations to Erin and may her birthdays be filled with Christmas cheer.

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PWP Sets Meetings

Parents Without Partners will hold a Sunday orientation on January 10th at 1 p.m. at the discussion director's home in Chicopee near the Rodeway Inn. This orientation is set up for individuals who work second or third shifts. For further information, call Ellen Sperlich at 592-1655 or New Member Director Marsha Dobie at 732-6533.

An orientation for prospective members will take place on Monday, January 18th, at 7 p.m. at the Rodeway Inn, Exit 6 of the Mass. Turnpike. A general membership meeting will follow at 8 p.m.

The regular Monday night record hop will follow the meeting and is not open to the public.

An orientation will take place at Faith Church, corner of Sumner Avenue and Fort Pleasant Street, Springfield, on Tuesday, January 26th at 8 p.m. Prospective members are invited to attend to learn more about the organization.

Blood Pressure Screening Set At Mercy Hospital

A free blood pressure screening clinic will be held in the Memorial House auditorium of Mercy Hospital, Springfield, on Tuesday, January 12th from 4 to 6 p.m.

Area residents of all ages are invited to attend, with no appointment necessary.

Cindy Singers To Present 12th Night Concert

The Cindy Singers will present the twelfth night of Christmas concert on Sunday, January 10th, at 7 p.m. at the First Church of Christ Congregational, Suffield, Connecticut. The concert will take place in the sanctuary with a reception to follow in Ebenezer Gay Room.

Tickets may be purchased at the door and are \$2 for adults and \$1 for children. The public is cordially invited to attend.

Sweet Adelines Seek New Members

On Tuesday, January 12th, the Pioneer Valley Chapter of Sweet Adelines, Inc. will hold a membership meeting from 7:15 to 10:15 p.m. at the Mittenague Congregational Church, 1840 Westfield Street, West Springfield.

The group is an international organization of women devoted to singing barbershop harmony. It seeks any woman interested in helping them follow their theme song, "Harmonize the World."

For further information, call Sue Montgomery at 786-8435 or Shirley McInerney at 733-7372.

Please Send Us Your Social Announcements
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CALVIN G. WITHAM

Reception Planned To Welcome New Minister

Local residents are invited to attend a special reception planned for January 10th at 3 p.m. at the Feeding Hills Bible Church to welcome the congregation's new pastor, Calvin G. Witham, and his wife Bonnie. Pastor Witham has recently assumed his duties at the church.

A native of New Hampshire, Pastor Witham served as pastor of churches in Nottingham, Barnstead and New Durham in that state as well as in Somerville for more than three years.

While in Somerville, he was president of the Ministerial Association and served on the board of directors of Family Services of Greater Boston. He is the founder of the Calvary Baptist Church in Hanson, MA, where he served as pastor for eight years, and also worked with Pastor Ivan Smith to build Windham Bible Chapel in Windham, New Hampshire.

Prior to his ministry, he was a professional entertainer. He and his wife Bonnie have recorded three long-playing gospel albums and are currently at work on the fourth.

All are invited to come out and meet the Withams at the church located at the corner of South Westfield and Southwick Streets in Feeding Hills.

Sacred Heart Society Meets

Members of the Sacred Heart Rosary Altar Society will meet in the parish center on Tuesday, January 12th, at 7:30 for a potluck supper. This event will be co-chaired by Dolores Morassi and Mary Spinelli.

A business meeting will follow the supper, and grocery bingo will be played after that.

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Bridgeview Grill Couple Retire



THE BRIDGEVIEW GRILL, on 1251 River Road, Agawam, owned and operated by Aldege and Marian Parro for 37 years, has now closed its doors. The longtime business has been sold to Cathy and Marty Edleman who will soon be turning the location on the Connecticut River into a restaurant, called the RIVER LODGE. Aldege Parro is a former member of the Agawam Police Department for 11 years. Marian is a graduate nurse from Mercy Hospital. The couple have 2 children, David and Judith. The Bridgeview Grill was very well known for its chicken-in-the-basket and homemade desserts. The happy couple recently were feted by friends and former customers. Advertiser/News photo by Jack Devine.

The New Owners Of The River Lodge



MARTY AND CATHY EDELMAN, the new owners of the River Lodge (formerly the Bridgeview Cafe) are now completing some marvelous renovations to the River Road location and are planning their grand opening very shortly. The Edleman s will be serving fine food and spirits. Advertiser/News photo by Jack Devine.

Fund Established In Honor Of Schinelli

An L. John Schinelli Renal Assistance Fund has been established to aid victims of renal failure, according to Douglas R. Teece, chairman of the governing chairperson.

Schinelli, for whom the fund is named, is a native and lifelong resident of Agawam who currently resides on Prospect Street. He recently retired as district manager in greater Springfield with Western Massachusetts Electric Company after 34 years of service.

At Agawam High School, Schinelli was president of his class for four years and an all-Western Mass. football star. He went on to graduate from Springfield College and attended management school at Rutgers and the University of Michigan.

He is a charter member of the Lions Club and was a director of the Springfield YMCA and the Home Builders Association of Western Massachusetts. Over the years, Schinelli served Agawam as a member of the town's Finance Committee and town meeting.

"As a tribute to Schinelli and the many years he spent assisting others in the Agawam-Springfield area, the Renal Assistance Fund was formed by his friends and co-workers," Teece said.

"The purpose of this fund is to provide financial assistance to people affected by renal failure," Teece explained. "We hope it can give needed assistance to individuals with debilitating kidney-associated diseases and, eventually, provide members of their immediate families with scholarship aid."

Fran Healey, radio announcer and former catcher for the N.Y. Yankees, is honorary chairman of the fund. In addition to Teece, who is assistant secretary at Northeast Utilities, other members of the Governing Committee are as follows: Floyd Bryan, Agawam clergyman; State Representative Edward W. Connelly; Raymond Douthwright, WMECO rep.; Lucy B. Gensheimer; Arthur Serra, Director of Athletics in Ludlow; Charles Silvia, former swim coach at Springfield College; Stephen Sweet, physician at Kidney

Center; and John Williams, attorney at Milton Bradley.

Among those named to a general committee established to perpetuate the fund and to elect future members of the Governing Committee are Theodore E. Dimauro, Walter H. English, William H. Franks, Robert L. Howarth, Gerald J. Mason, Anthony J. Scibelli, Paul J. Sears, and William C. Sullivan.

The L. John Schinelli Renal Assistance Fund is part of the Valley Charitable Trust Fund managed by BayBank Valley Trust Company; consequently, all contributions to the Schinelli Fund are tax deductible according to Internal Revenue Service rules.

Further information about the fund may be obtained by contacting Douglas R. Teece at WMECO, 174 Brush Hill Avenue, West Springfield. Contributions may be sent to the L. John Schinelli Fund, c/o BayBank Valley Trust Co., Trust Department, 1500 Main Street, Springfield, MA 01115.



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DEANNA M. HOARLE

Deanna Hoarle New Westbank V.P.

Deanna M. Hoarle has been elected vice president of the Park West Bank and Trust Company, according to Theodore P. Kosior, president.

Miss Hoarle joined Westbank in 1968 as a customer service supervisor and was promoted to assistant auditor in 1971. In 1974, she was promoted to the position of auditor, which she held until 1976 when she was promoted to assistant vice president.

She is a graduate of Cathedral High School and Springfield Technical Community College and was certified as a chartered bank auditor by the Bank Administration Institute of Park Ridge, Illinois, in 1975.

Miss Hoarle is a past chairman of the Pioneer Valley group of the National Association of Bank Women and has served on the Operations and Automation Committee of the Massachusetts Bankers Association.

Stigmatine Scholarship Committee Meeting

The Stigmatine Scholarship Fund Committee will hold a meeting on Sunday, January 17th, at 7:30 p.m. at St. Anthony of Padua Church Hall, 108 Bridge Street. Each member is requested to bring a potential candidate.

The sole purpose of this scholarship committee is to raise funds to assist students studying for the priesthood in the Stigmatine Order. Membership is open to men of all faiths.



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The Reading Room

By Rita White

"A Few Minutes With Andy Rooney"

Atheneum Publishers has just given us *A Few Minutes With Andy Rooney*. Anyone who watches "60 Minutes" spends a few minutes with Andy Rooney each week at the end of the show. Well, here he is in print, all those things he said which were so funny and so true that we wished we could remember. This book is a collection of some of the best of his essays and is guaranteed to delight the fussiest of readers.

Colleagues and critics have compared Andy Rooney to Mark Twain, James Thurber, and Perelman to name a few.

Some of Rooney's observations include comments on junk mail, bank names, sizes (I wear a size 8½ shoes, but a size 11 sock. Does this make sense? On the same foot?), soap slivers, coffee-can savers, designer underwear, and the fact that there is no Mrs. Smith at Mrs. Smith's Pies. All of this and more, illustrated with 80 photographs chosen especially for this book.

Since 1964, Andy's essays on America for CBS, ABC, and NET have won him two Emmys, six Writers Guild Awards, the Peabody Award and a host of other honors. He began his writing career as a correspondent for "The Stars and Stripes" during WWII and went on to become a radio and television writer for such notables as Arthur Godfrey, Garry Moore, Bob and Ray and others. He then joined Harry Reasoner in a collaboration - Rooney writing and producing, Reasoner narrating. In 1971, he began reading his own material. Rooney also writes a column three days a week for the *Chicago Tribune*-New York News Syndicate that appears in over 150 newspapers nationwide. He has also authored four previous books: *The Story of the Stars and Stripes*, *Air Gunner*, *Conqueror's Peace*, and *The Fortunes of War*.

Fred W. Friendly has said of Andy Rooney, "Whether he is writing about peanut butter, D-Day at Saint Laurent-sur-Mer, chairs, books, or Kleenex, *A Few Minutes With Andy Rooney* is a vital trip to the thinking man's amusement park."

If you pick this book up to give as a gift, don't start going through it or you'll be keeping it for yourself.

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OBITUARIES



JOSEPH J. SULLIVAN

Joseph J. Sullivan, 64, died Saturday, January 2, 1982, in Baystate Medical Center, Springfield unit.

Born in Springfield, he had lived at 61 Meadowbrook Manor, Agawam, for four years and earned fame as the town's resident poet having published several moving pieces.

A retired engineer who had worked for various local firms, he was a communicant of St. John the Evangelist Church.

He leaves his wife Mary (Suchenicz); three daughters, Carol Lemire, Judith Sullivan, both of Westfield, and Joan Nashville of Springfield; one brother, James, of Springfield; and nine grandchildren.

Colonial Funeral Chapel, Agawam, was in charge of services with burial in Agawam Center Cemetery.

OSCAR E. DUPONT

Oscar E. Dupont, 87, of 49 North Street died Sunday, January 3, 1982, in Noble Hospital.

Born in Holyoke where he resided most of his life, he had moved to Agawam in 1970, when he retired as a self-employed contractor.

The widower of Margurite (Ouimet) Dupont, he leaves one daughter, Claire Gedney, of Agawam, two grandchildren, and three great-grandchildren; two sisters, Sister Claire Louise Dupont of the Society of Notre Dame in Worcester and Yvonne Beck of Madison, Missouri.

St. Pierre and Sons Funeral Home was in charge of services with burial in Notre Dame Cemetery, South Hadley.

ROBERT A. NORMAND

Robert A. Normand, 69, of 27 Campbell Drive, died Monday, January 4, 1982, in Baystate Medical Center, Wesson unit.

A Navy veteran of World War II, he lived in Agawam 27 years, was a communicant of St. John the Evangelist Church, and a member of the West Springfield/Agawam Elks. He was a retired 24-year administrative supply technician for the Massachusetts National Guard.

He leaves his wife Dorothy (Gordon), a son Robert, Jr. of Daytona, Fla., a brother John, of Springfield, a sister, Yhula Brister, of Waco, Texas, and three grandchildren.

Hafey Forest Park Chapels was in charge of services with burial in St. Michael's Cemetery. Donations may be made to Shriners' Hospital for Crippled Children.

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Beef Round Back Rump Roast	\$2.19	lb.
Center Cut Bottom Round	\$2.19	lb.
Beef Round Cube Steak	\$2.59	lb.
Lean Ground Round (5 pounds or more)	\$1.59	lb.
Grade A Chicken Breast	\$1.09	lb.
Sweet Life Bacon	\$1.39	lb.
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For Senior Citizens...**New Beginnings**

By Rita White

Well Seniors, it's a new year and time for some "new beginnings." I hope you have your resolutions made. Please, make sure that the first one on your list is to really have some "new beginnings." You now have a whole new year ahead of you and let's hope it's filled with many new events.

First of all, EDNA FIELDS who planned that wonderful New Year's Eve party that so many of you enjoyed would like to thank the people who helped to make it such a success. Many thanks going out to ANGIE BACHELDER, AMELIA BOPP, FLORA BRETON, KEN DUNLOP, GLADYS FRANCAZIO, HAZEL FRENCH, RAY PETTY and HELEN WELLS. It was a wonderful way to ring in the new year with friends, refreshments and an evening of bingo just some of the highlights.

Be sure and stop in for lunch at the Senior Center, after you have made a reservation, of course. Next week's meals look like this: Monday, **manicotti**; Tuesday, **baked beans with hot dogs**; Wednesday, **chicken legs**; Thursday, **pork balls in sweet-sour sauce**; and Friday is a holiday so the Center will be closed.

Perhaps another reminder is due: Anytime the schools are closed because of poor weather conditions, that means the Center will also be closed. Be sure and listen to those school cancellation announcements on bad days and if you hear that Agawam schools are closed - so is the Senior Center.

There are still a few seats available for the trip to Coachlight Dinner Theatre for the production of **George M.** The cost is \$15.00. Call DOROTHY at the Center to make your reservations.

On February 5th there will be blood sugar tests at the Center. Please remember that only twenty (20) people per month may have this test done and it is necessary to make an appointment for it.

On Thursday, January 14th, the second Weatherization Clinic will be held. Those people who were eligible and attended the first clinic may pick up their free kits on Thursday at 12:30. All other interested people in this clinic are invited to be at the Center for the clinic at 1:15 pm. **DON'T FORGET THE NURSES FOOT CLINIC** on Thursday, January 21.

Happy birthdays going out to DOROTHY MUSTAIN on January 4th; FLORENCE CLARK on January 7th and ROBERT BERNIER on January 11th. A nice way to start the new year for you all. I hope it is a great day for you as well as 1982.

The Senior Center sadly said farewell to one of its members this week. A great loss to us all, poet, singer and friend, Joseph Sullivan. A remembrance of death from Shakespeare seems to be very fitting for this dear friend:

*Here lurks no treason, here no envy swells
Here grow no damned grudges; here, are no storms;
No noise, but Silence and Eternal Sleep.*

**Senior Events**

Wed., Jan. 13th
Golden Agers Meeting
Doll Collection & Demonstration

Thurs. Jan. 14th
Weatherization Clinic
Senior Center
12:30 p.m.

Fri., Feb. 5th
Coachlight Theatre Trip
To See "George M."
Openings Still Exist

Lunches Daily
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Community Scrapbook

By Claudia Scott

**Ch. 57 Volunteer Praised**

When Doris Ainey moved to Agawam in 1968, she did not wait long to get involved in volunteer work. Since her three children were no longer active in school and church groups which had kept Doris busy for years, she sought out other worthwhile projects and offered to help at WGBY/Channel 57, which offers programs she enjoys very much.

Over ten years later, Doris is still considered one of the station's most dependable and favorite volunteers. Sarah Cothran, WGBY's volunteer coordinator, claims Doris always knows what needs to be done first.

"She is so competent, so reliable, and so nice," Mrs. Cothran states, adding, "When Doris arrives, we can sigh a bit with relief because she is here to help out." This latter sentiment is shared by station membership director Mary Alice Schmertzler, who benefits directly from Doris' weekly visits to the station.

Doris spends hours helping with the mailings required for membership drives, including letters and premiums, which is a monumental task that grows every year at this station dependent on viewer support.

Doris says that the generosity of the many people who keep 57 going still amazes her. "They must think that it is a good cause also because they donate year after year," she explains. She also terms her fellow volunteers "devoted," something she certainly is.

In addition to helping with membership, Doris has volunteered during pledge and public auction weeks and is a participant in the newly formed tour guide program created to give the public an inside view of what goes on at the studio at 44 Hampden Street.

Her latest volunteer activity for the station has made her somewhat of a celebrity among the preschool age group. Dressed in a costume which closely resembles Big Bird of Sesame Street, Doris has been making public appearances around the Springfield area.

Known as "Miss Fancy Feathers," Doris admits that she enjoys being able to "ham it up a bit" in the six-foot high, bright yellow outfit that is covered with feathers from head to toe. Fancy, Channel 57's mascot, spreads smiles to everyone who sees her.

A touching photo of Doris, dressed as Fancy at the Shriners' Hospital for Crippled Children, appeared in a Springfield newspaper last month. Children automatically love Fancy because of her association with one of the most popular children's shows in television history.

The January 13th meeting of the Golden Agers will feature Jeanette LaBelle with her doll collection and demonstration. Jean's dolls are numerous, several with very interesting histories.

Dolls are Jean's hobby. She buys and sells them as

**MRS. DORIS AINEY**

Besides the hospital visit, Doris has gone to several nursery schools where she encourages the children to participate in her program in various ways, such as dancing with the bird, sitting on its lap, or petting its huge orange beak.

One of Fancy's (and Doris') greatest fans is her grandson, Matthew, age 3. He thinks the bird is marvelous and is always wanting to visit the station with Doris to see Fancy.

Matthew, the Aineys' only grandchild, is described by Doris as "the height of our lives right now." In addition to Matthew's mother, Mrs. Suzanne Gordon of Westfield, Doris and her husband Bill have a son, Richard, of Agawam and a daughter, Mrs. Debra Quick, of Enfield.

The Aineys have been married 35 years and share a home on Adams Street. They enjoy snowshoeing, sunning at the beach, and refinishing furniture. Bill is an engineer at Bay State Gas, and Doris is looking forward to a convention they will be attending in Houston as representatives of the firm, her first visit to Texas.

Doris also performed volunteer chores for the Agawam Methodist Church at their food booth at the Eastern States Exposition when asked to pitch in by her daughter, a member of the church. Doris' activities have evolved around her family because, as she says, "they have been such a very important and positive factor in my life."

Doris is beginning her new year by gratefully acknowledging that, because of her family and friends, she "has been very lucky with all that I have." A nice way to begin 1982.

well as making doll clothes for any size doll and doing alterations of other doll dresses. She will hold a question-and-answer period following her demonstration.

The club's Christmas meeting saw 160 in attendance for the carol singalong, raffle prizes, and a surprise highlight - a honey almond cake with a Santa in the center of each piece prepared by Hilda Wetzel.

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Your Back & Your Health

By Dr. Joseph Schlaffer

Shoveling snow? Be careful! There's nothing prettier than a new fallen snow; nothing more dangerous either.

Each year, we hear about the numerous heart attacks and strokes that occur as the result of overexertion. The tragedy of the fatal or near-fatal result of an apparently healthy person succumbing to shoveling snow tends to overshadow a hazard that is even more common. The same snow which causes heart stress also causes dangerous spinal disc stress to the shoveler. When you consider that a shovel of snow weighs 5 to 7 pounds, you realize the tremendous accumulative weight one has to lift to clear an area. The average driveway or walk will hold hundreds of pounds of snow.

Snow seems to present a challenge to most shovelers. The cold air invigorates them to action, and the same cold air numbs their sense of pain and fatigue, thereby masking the severity of sprain and strain. The result is too much exertion and too much work without rest breaks.

Doctors of chiropractic, who are specialists in helping patients with back problems, recommend the following rules to guard against the show-shoveler syndrome:

1. Dress warmly, but don't bundle up so as to make it difficult and awkward for you to move naturally.
2. Use a lightweight pusher-type shovel. Spray it with Teflon so snow will not cling to it.
3. Try not to lift the snow or pitch it. Merely push it into a pile.
4. Avoid sudden twists of the torso. Move the entire body.
5. Keep your back straight when you lift. Use your legs rather than your back.
6. Work slowly.
7. If you feel tired or short of breath, stop and take a rest. Stand up straight and breathe deeply.
8. If you feel a twinge of back pain, stop completely and go inside the house, sit down, and rest. If pain persists, see a doctor of chiropractic immediately. With snow, it's wiser to use the head, instead of the back.

Under chiropractic care, a patient is either treated or referred after a comprehensive differential diagnosis.

Heart Assoc. Warns About Shoveling

The American Heart Association has warned individuals over 35 and out of shape or not used to strenuous physical labor to beware of shoveling wet, heavy snow. The association has issued the following recommendations:

1. If you are over 35 and out of shape, it's worth it to hire someone to shovel for you.
2. If you insist on shoveling, use a shovel that can be used as a plow rather than the kind that must be lifted.
3. Pace your shoveling, especially if it's very cold. Stop every few minutes to rest.
4. If you begin to feel extreme fatigue and experience pain in the chest area, stop immediately, and if it's practical, have someone call for an ambulance to take you to the nearest emergency ward.
5. Look at the first suggestion again. If you are over 35 and out of condition don't take chances. Let someone else more physically able to do the shoveling do it. If necessary, hire a neighborhood youngster. These children come at a reasonable price and will do a good job for you.

Put your money where your Heart is.



Know Your Drugs



A self-destructive situation has evolved through the growth of a multi-million dollar health food industry, an increased emphasis on "natural" disease treatment, and a media which presents medical facts to consumers in such a fashion as to promote misinterpretation and subsequent unwarranted self-medication. This is the case with vitamins, but minerals such as iron and calcium and trace elements such as zinc are being ingested unnecessarily by thousands of Americans every day. Most normal diets in our country contain appropriate amounts of these substances!

Indeed, iron deficiency anemia is a well-known problem, but no calcium dietary deficiency disease is known to man. Similarly, zinc deficiency is rare, and the diagnosis can only be calculated through a physician and a multitude of laboratory tests.

Iron deficient anemics would be much better off presenting their signs and symptoms to a physician or pharmacist before initiating self-therapy. If the iron deficiency is due to a chronic blood loss, increasing iron intake may have no effect at all on the patient's well-being. Normal patients absorb only 10% of oral iron supplements whether it be from a food source or a pharmaceutical dosage form (tablet, capsule, elixir) and iron deficient patients absorb about 20% of ingested iron.

Iron products are bothersome to the GI (gastrointestinal) tract, commonly resulting in cramps, nausea, and diarrhea as well as constipation. If tetracyclines or antacids are being taken concurrently, the patient should space the dosing intervals at least one hour apart.

Iron toxicity, especially manifested as accidental poisoning in children, is also a problem. Almost half of iron poisoning cases are fatal. Especially if there are youngsters in your household, be sure you NEED an iron supplement before purchasing it and storing it (OUT OF THE REACH OF CHILDREN) in the home.

Calcium tablets, available as calcium lactate, calcium gluconate, and calcium carbonate, also causes frequent GI distress with cramping and diarrhea. Megadoses (large doses) have precipitated kidney stones.

The two major conditions where calcium therapy is employed are various malabsorption syndromes and uremia (waste products in the bloodstream). Persons erroneously purchase this mineral to enhance teeth development or to harden their nails and bones.

Zinc has been proven to aid wound healing, especially in persons recovering from major surgery or trauma, and several newer vitamin products boast zinc contents in excess of the RDA (15 mg. for adults). Debilitated patients receive zinc via the intravenous route when certain diets are necessary.

Certainly there is a place in the medical/pharmaceutical world for the therapeutic use of these substances, but often only in clinical situations where a health professional makes the decision to utilize the compound. Too many persons are wasting their hard-earned money on products which are taken into their bodies in adequate quantities through the diet anyway; the mineral excess only ends up in the Connecticut River.

SPECIAL NOTICE

Enteric-coated or timed-release iron preparations are pharmacologically ridiculous when one considers that less iron can be absorbed from the small intestinal tract the further it progresses toward the large intestine. These costly products, therefore, inhibit the fullest possible absorption of iron they contain.

Stephen R. Jacaprarro D.M.D. Family Dentistry

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- *Choose From Among Several Convenient Payment Plans
- *Cash Discounts Available



1379 Main Street, Agawam
(Near Corner Of River Road & Main Street)

786-8177



Your Dental Health

By Stephen R. Jacaprarro, D.M.D.

When you visit a dentist for the first time, you will be asked to fill out a medical history. For your protection, it is very important that you answer all questions about your health as honestly and completely as you can. Do not try to answer the questions the way you think the dentist might want you to answer them. It is not a quiz and, therefore, you don't have to worry about a poor grade. Even things that seem trivial and unrelated can have a relation to dental treatment.

Your general health can affect your teeth. For instance, diabetics tend to have very severe gum problems. Patients who have a history of seizures and are taking dilantin (sodium diphenylhydantoin) have a tendency to exhibit gingival enlargement and must be very meticulous with their dental hygiene.

Patients with problems of the parathyroid gland, which causes withdrawal of calcium from bone, can exhibit loose teeth and pathologic fractures of the jawbone. Patients who have had radiation therapy of the jaws for treatment of tumors will show poor healing in that area and a decreased rate of saliva flow which must be taken into consideration during dental treatment. Your dentist may need to consult with your physician regarding the planned treatment.

On the other hand, dental treatment can affect your general health. Certain people with valvular heart disease need to take medication before dental treatment to prevent severe re-infection of their hearts. Within this group of people are patients who have suffered rheumatic fever with resulting valve insufficiency, patients with prosthetic heart devices (artificial valves) and diabetics.

In previous columns, I have discussed the benefits to the total health of a sound dentition; remember all the trouble Scrooge had one Christmas Eve because of, as he called it, an undigested piece of meat.

The dentist who is concerned about your total well-being will take a complete health history and work closely with your physician, if necessary, to see that you receive the best possible care. Make sure that you inform the dentist of any changes in your health since your last visit.

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Take the fellow who works for a living . . . with his hands . . . his back . . . his legs. He can't afford to be disabled by an accident on the job. He hasn't got the time to be laid up . . . even for a few days.

He not only needs immediate treatment, but, as far as I'm concerned, he deserves the best in care to speed his return to work.

Fortunately, care for most on-the-job injuries is covered by workmen's compensation insurance. Nevertheless, don't take chances. If you fall or strain something, arrange for a complete examination.

The time you save by quick, effective action may be lifelong!

DR. JOSEPH S. SCHLAFFER
Chiropractor



225 Springfield St., Agawam, MA 01001 (413) 789-1369

EDITORIAL

Mrs. Sandlin Gets Nod For Board Chair

As the new School Committee convenes for its organizational meeting on Tuesday, January 12th, the selection of a board chairman tops the agenda.

The Advertiser/News gives our strong endorsement for the chairmanship to second-term committeewoman Rosemary Sandlin.

Our support for Mrs. Sandlin comes only after listing her accomplishments, leadership ability and strong-willed positions on the issues.

First and foremost, Mrs. Sandlin's election to the School Committee two years ago began the process of "clearing the air" and "opening the doors" of the board chambers.

Mrs. Sandlin as a rookie board member led the charge to lift the veil of the much-publicized executive session policy that had been in use for many years. Because of this, the School Committee is much closer to the public that it serves.

She also took a leadership role against outrageous pay raises for administrators, including the controversial salary snafus of former Superintendent of Schools Louis J. Hebert.

Mrs. Sandlin's hardline against the pay raises for Hebert eventually led in part to his resignation that opened the doors for many local educators to move up the ladder in the School Department - a possibility that did not exist a year ago because of Hebert's policies of bringing in outsiders to the School Department despite the availability of qualified educators already in the ranks.

In short, we believe, that if Mrs. Sandlin had not been a member of the board for the past two years, the present circumstances in the administration and the new air of cooperation in the school system would not have been possible.

Mrs. Sandlin's forte as a board member has been a belief in local residents, a strong position on the issues and a parental point of view of the town's school system.

She deserves this opportunity to serve as chairman.

A Hard Look At Community Development

Much to our chagrin of late, we have been hearing the drums of several neighborhood groups beating against all of the proposed developmental zone changes that will appear before Town Council over the next few months.

We bring this to our readers attention because this same mentality has plagued Agawam over the past few years, and in the meantime, our tax base has suffered and Proposition 2 1/2 continues to tighten its grip around the municipal budget.

The new argument that seems to control the tempo of this beat is that the newly planned industrial park for the Bowles Airport property cornerstones development here, and no other should be allowed.

We find this argument to be not only shallow but not in the best interests of the community well-being.

First, our support of the town investing \$600,000 to develop Bowles Airport came with the knowledge that such development would proceed over as long as a decade.

We believe in the WestMass Development Corporation and its ability to add jobs and tax revenue to the town's coffers.

But, in the meantime, the town has the opportunity over the next few months to complement the development at Bowles Airport with several of these proposed zone changes.

The Advertiser/News asks our readers to be wary when this argument is used.

We are not supporting any zone change that comes down the pike. We are, however, also asking Town Council to consider carefully each zone change on its merits and its ability to add to our tax-gathering.

It is interesting to note that both newly elected Town Council President Donald Rheault and the councilor he defeated for the seat, Stephen R. Cincotta, each is voicing support for the stabilization of our tax base.

Postmaster Thanks AA/N

To The Editor:

With the Christmas mailing season now behind us, the entire staff of the Feeding Hills Post Office wishes to express our appreciation for the cooperation we received from your newspaper, The Agawam Advertiser/News, in helping us urge the public to shop and mail early during the past two months.

Thanks to your efforts and the excellent cooperation of our residents, we were able to handle the holiday mail volume without any difficulty.

Allow me to mention also that much of our success was due to the dedication of our postal employees who worked long hours to make sure all mail was delivered in time for Christmas.

Again, thank you for your help in making this holiday season one of the most successful and memorable ever for Feeding Hills.

Sincerely,

Joseph P. Dahdah,

Postmaster, Feeding Hills, MA 01030

Want To Write A Guest Editorial?
Call Us At 786-7747
We Want To Hear From Our Readers.

In recent interviews conducted by the Advertiser/News with newly elected members of Town Council, the same support was echoed over and over again... "we must add to the town's tax base."

We find this new attitude with the council refreshing and are encouraged that its new leadership has open ears to these proposals and will, at the least, hear them out objectively.

We find the drum beats of those against development here to be weakening considerably and seems to be centered in several pockets of the town.

There remains enough open land in Agawam to keep us well within the boundaries of land conservation.

There is, indeed, a necessity to expand Agawam's tax base and to help stimulate the business climate.

LEGAL NOTICE

TOWN OF AGAWAM PLANNING BOARD

The Agawam Planning Board will hold a Public Hearing on January 21, 1982, at 7:00 P.M., at the Agawam Public Library, 750 Cooper Street, Agawam, MA.

The purpose of this hearing is to hear the Zone Change request of Frank J. Solitario to rezone land from Agriculture and Residence A-2 to Residence A-3, land situated at the southeast corner at the intersection of South and Suffield Streets known as Hubbard Corner.

PARCEL NO. 1

Beginning at a point set in the south side of South Street, distance of 400 ft. Easterly from Suffield Street and running thence S 79° 18' 10" E. along the south side of South Street a distance of 1323.87 feet to land of Rocco and Christina Stellato; thence turning and running along last named land S. 29° 32' 38" W. a distance of 1874.34' to land of Tennessee Gas Transmission Company; thence turning and running along last named land the following courses N 62° 38' 21" W. a distance of 440.31 feet, N. 76° 51.0' W. 69.52 feet, S. 8° 46' 29" W. a distance of 544.88 ft. and S 74° 59' 59" W a distance of 180.50 feet to the East side of a 300' wide Western Mass. Electric Company Right of Way, thence turning and running along said east side of Western Mass. Electric Company Right of Way N 18° 19' 21" W a distance of 1638.69 feet to an angle point, thence N 54° 00' 21" W a distance of 507.76 feet to other land of Gasland, Inc., thence turning and running S 79° 18' 10" E along last named land 252.95 feet, thence continuing N 14° 20' 14" E a distance of 700 feet to the place of beginning. Containing 55.70 acres of land.

PARCEL NO. 2

Beginning at a point set in the easterly side of Suffield Street at land of Tennessee Gas Transmission Company and running thence: S 77° 40' 31" E along last named land 640.24' to a point; thence continuing along last named land the following courses: S 77° 52' 31" E a distance of 687.21 feet; N 74° 59' 59" E a distance of 46.76' to the westerly side

LEGAL NOTICE

TOWN OF AGAWAM PLANNING BOARD

of a 300 foot wide Western Mass. Electric Co. Right of Way thence turning and running along said westerly side of Right of Way N 18° 19' 21" W a distance of 1524.71 feet to an angle point in said Right of Way, thence N 54° 00' 21" W a distance of 463.00 feet to a point set in the easterly side of Suffield Street, thence running along said Easterly side of Suffield Street, thence running along said easterly side of Suffield Street S. 18° 40' 12" W. a distance of 1210.30 feet to an angle point, thence continuing S 18° 24' 29" W a distance of 320.34' to the place of beginning. Containing 28.18 acres of land.

The following parcel is excluded from Parcel No. 1 and/or Parcel No. 2:

All land within the above described parcels on and to northerly of a certain brook, which brook crosses from Suffield Street approximately Fifty (50) feet from the intersection of Suffield Street and South Street and runs in a generally easterly direction to land now or formerly of Rocco and Christina Stellato and thence approximate easterly edge of the total premises encompassing parcels 1 and 2 above described, and approximately 1400 feet more or less from the southerly edge of said South Street, and which excluded area contains approximately 19 acres of land.

And further, excluding any and all of the premises (if not already excluded by the description of Parcel No. 1 and Parcel No. 2 exclusion above) the 6.61 acres of land zoned business A and located at the southeast corner of the intersection of said Suffield Street and said South Street.

BY ORDER OF THE AGAWAM PLANNING BOARD
Charles B. Calabrese, Chairman
Published: January 7 & January 14, 1982



General George A. Custer ranked last in his West Point graduating class of 1861.

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EMERGENCY**

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*Ambulance
*Police**

24 Hours

**Agawam Fire Department
Agawam Police Department**

1981 Wrap-Up...

School Dept. Undergoes Remarkable Changes

By Joanne Brown

The Agawam School System, like most others in Massachusetts, was scarred by effects of Proposition 2½ throughout all of 1981.

Effects ranged from the elimination of transportation for sports teams and band trips to a possibility that as many as 109 teachers might have to be dismissed. Eventually, the dust settled, and hardships in Agawam were kept to a minimum when compared to other towns across the state. Only 6½ teaching positions actually had to be eliminated.

One School Closes; Another Completes Addition

The year 1981 brought with it the closing of Agawam's oldest school building as well as the completion of the town's newest building addition.

Last June, Danahy School closed as scheduled by dictates of declining elementary enrollment. Nearly 100 remaining students were shifted to other schools, and most of the teachers were absorbed into related positions within the system.

Last September, the science/industrial arts/music/art expansion to Agawam High School was officially completed and turned over to the town by the building committee headed by Paul Fieldstad. The science wing of the newly renovated section was appropriately named in honor of late principal David Theodorowicz, a former biology teacher who had passed away in August.

Controversy Reigns Once Again On School Board

Controversy once again rocked the school department when growing unrest among School Committee members as well as staff surfaced over Superintendent of Schools Louis Hebert's proposed salary increase and over the status of his doctoral degree. Eventually, board members denied him an additional raise, which would have been his third in little more than one year.

A serious free-for-all erupted soon after when outside interviewers from a New Jersey school system came to Agawam for a series of hushed-up talks about Hebert with select board members and staff. These sessions led to charges of unethical conduct which split school board members for weeks.

Major Administrative Overhaul

Hebert's resignation in August to assume a comparable post in Morristown, New Jersey, led to a far-reaching revamping of top administration positions throughout the school system.

This reverse domino effect began with the elevation of Assistant Superintendent James V. Bruno, Jr., to the top post following a record seven-minute meeting. Bruno then nominated and saw appointed eight other administrators over the next four months, including Paul Tatro, Junior High School principal who assumed Bruno's former position as assistant superintendent.

Other appointments included John Morrissey to replace the deceased Theodorowicz, Thomas O'Keefe to the vacant Junior High principalship, Charles Corcoran to replace retiring Charles Kistner at Agawam Middle School, Smith Rovelli to O'Keefe's former position as principal at Clark School, and Barbara Kimball to Rovelli's post as head of Peirce School.

Mrs. Mary Charest became the town's first female administrator at the secondary level when she was named assistant principal at Agawam High to fill Morrissey's former slot, and Ralph Zavarella moved into Corcoran's assistant's post at Agawam Middle School.

Educational Programs Expanded

In the area of basic educational programs, in September the seven-member school board unanimously approved the expansion of Project S.E.E. (Special Enrichment Education) to encompass gifted and talented fourth and fifth graders at all five elementary schools. Teacher Anne Bradford, who originated the program at Granger School, assumed the tasks of selecting the fifty-plus students and overseeing their enrichment activities.

The Wide Horizons program, which links area cultural institutions with Agawam's elementary schools, was validated and thereby received funding for a fourth year which will be devoted to disseminating information about the program to other school districts across the state.

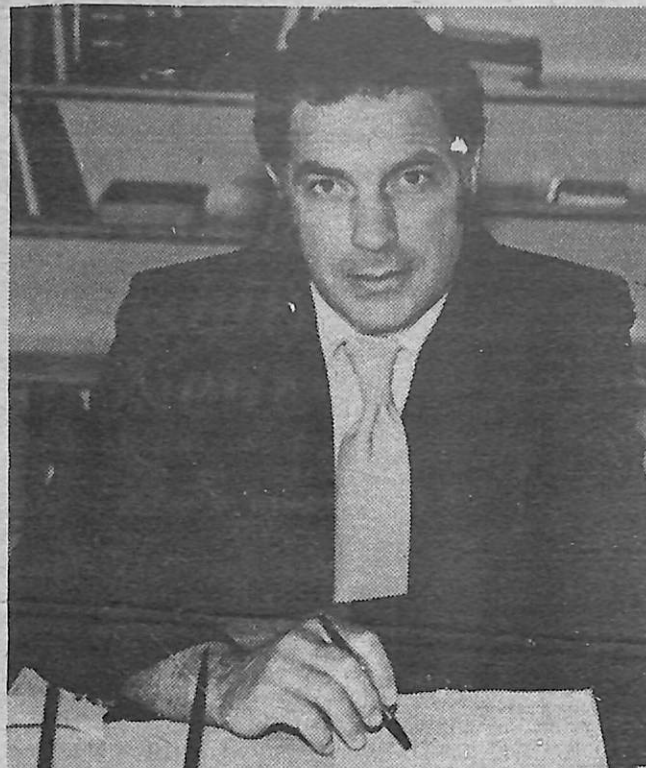
Three New Board Members Elected

Election of town officials held in November brought three new members to the School Committee to replace longtime veterans Richard Borgatti, Thomas Ennis, and Venetta Snyder, who had all chosen not to seek re-election.

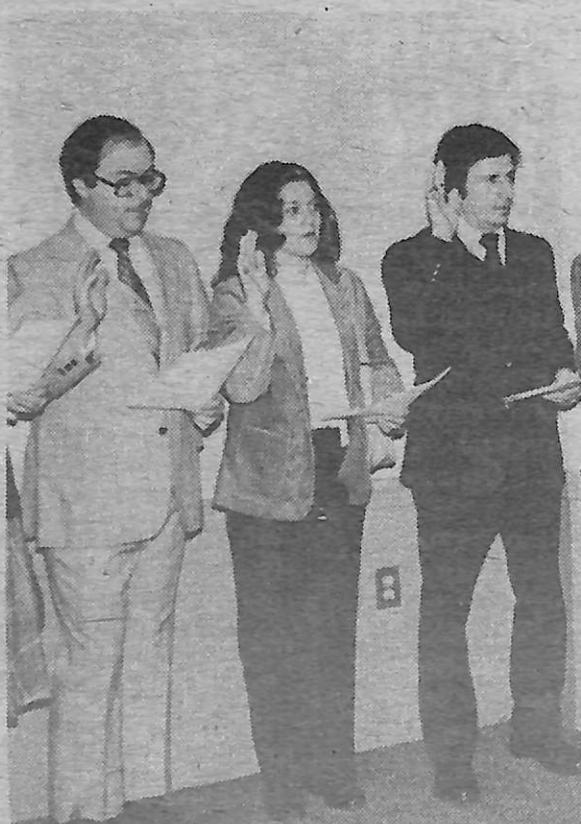
Assuming office in 1982 after several years off the board will be Donald Charest along with board newcomers Raymond Saracino and Mrs. Bernadette Conte.



WALTER BALBONI, a 16-year member of the Agawam School Committee, became the board's chairman during a difficult 1981. It was Balboni's first time as the chairman.



JAMES V. BRUNO JR., assistant superintendent of schools for the past ten years, was named as the school system's superintendent following the controversial tenure of Louis J. Hebert.



NEWLY ELECTED TO THE BOARD in November, 1981, were (left to right) Donald Charest, Bernadette Conte, and Raymond Saracino. They are shown here being sworn in last Monday evening.



FORMER JUNIOR HIGH PRINCIPAL Paul Tatro was one of the local educators promoted in 1981. Tatro is now the assistant superintendent of schools.



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The Court House

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TAX TIPS

by John Walsh
Agawam CPA

Your Tax Preparer

Tax preparers utilize many different methods for preparing tax returns, and also have different methods for calculating the fee that is charged. Some preparers will prepare the tax return while you are being interviewed; others will use the interview to gather the information only and will prepare the return at a later time.

The fee may be based on a predetermined rate for each schedule used, or may be based on an hourly charge. Regardless of the method used, the preparer is charging the client for the time involved in preparing the return.

Before setting your appointment to have your taxes prepared, you should plan on spending some time gathering the data needed to have your return prepared. Assemble it in a logical way.

Any questions you have on the tax treatment of income or deductions should be written down so that you can discuss it during the interview.

When gathering the data for the preparer, you will want several sheets of paper. Items of income should be listed separately from expenses. This should insure

that the preparer will not pickup an item of interest as an income item, when in fact it was an expense.

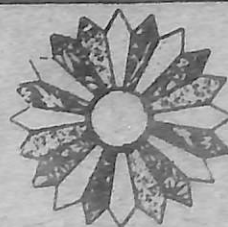
For listing your deductions, it might be a good idea to use a separate sheet for each type, or at least, allow plenty of room for listing each category. When listing your deductions, you should list the date, to whom paid, the check number, and the amount. Also, each category should be totaled.

For any items that are questionable, include a copy of the paid invoice and note your questions. If you engaged in any complicated transactions, such as the purchase or sale of real estate, then you should plan to bring in the closing statement as there may be adjustments on the statement for real estate taxes and mortgage interest. This will affect your deductions.

One thing is important: **for routine deductions, you should not bring in a list, paid bills and cancelled checks.** If you do this, then the preparer may feel obligated to check everything you brought to make certain you have not omitted or duplicated any items. This would obviously add much time to the process of preparing your taxes.

Having now gathered the data for your interview, I would recommend that you make a copy of your income and deduction sheets as the preparer will probably retain the sheets that you bring in. This way there would be a copy in two places in case someone has a fire or other casualty.

If you have taken the time to properly prepare for the interview, you should be able to keep the time to a minimum, and the fee for preparing your return should be reasonable. Also, should the IRS select your return for an audit a year or two from now, proving your income and deductions should be quite easy.



Happy Quilting

By Suzanne Ashe
Of The Piecemakers Quilt Shop

I am often asked how I transfer the quilting lines onto the fabric of the quilt. There are several different methods, and I'd like to discuss them this week.

METHOD ONE

TRACING FROM UNDERNEATH THE FABRIC

If the material you are marking is a light solid color, such as ecology cloth or pastel blue or yellow, you can see through the fabric. Draw your quilting design onto a white cardboard or paper with a black felt tip pen. You can then place the design under the fabric and trace over it with pencil. You need only to trace it lightly. Do not mark darker than you need to be able to see the design well enough when quilting.

Method One is the easiest, but often the fabric is not see-through and you must, therefore, use other methods.

METHOD TWO

PLASTIC STENCILS

Plastic stencils are great! A plastic pre-cut stencil has a quilting design on it. The design is cut out in places. You lay the stencil on your fabric, place a sharp pencil in the slits and trace the design onto your material. Even then, on your fabric you will get places with no pencil lines. You would quilt it as if a line were there.

Pre-cut stencils, however, do not come in as many designs as I would like. Many times I cut my own stencils. W. H. Collins, Inc. puts out a package of vinyl plastic sheets out of which you can cut stencils or use to make templates.

METHOD THREE

BRIDAL ILLUSION

Bridal illusion (netting) works well if you would like to transfer a pattern from a book onto a fabric you can't see through. Place netting on design you wish to trace, tape or pin in place. You'll be able to see through the net. Go over the design with a pencil. Design will now be on the net. You may want to go over the design with black felt tip pen to make easier to see. Now, place netting (quilt design on) on your quilt top or pillow block and go over the design with pencil. This will give you lines on your fabric, all ready to quilt.

METHOD FOUR

DRESSMAKERS' CARBON PAPER

Using carbon paper is my last resort. Place carbon paper shiny side down on the fabric you wish to mark. Place the design on top. Go over the design with a tracing wheel or sharp pencil. The dressmakers' carbon paper does not always mark. Some fabrics just do not seem to take it well. Always test a piece of the fabric before marking the entire design and discovering that nothing shows up.

Finding quilting designs without going through your entire quilt magazine collection can sometimes be a problem. *The Finishing Touch* by Shirley Thompson is an excellent book of quilting designs for borders, lattice strips, and blocks of all sizes. This is the best book of quilting designs I have seen. All the designs are in their actual sizes. There is a good mixture of traditional and folk art designs. *The Finishing Touch* is available at my shop along with vinyl plastic sheets.

I hope these different methods will make marking your projects much easier and enjoyable for you. Happy Quilting!

ON THE SUNNY SIDE



McNaught

"I don't know which wine goes with meat and which goes with fish so I mixed them together."



Lift Your Spirits

By Mickey Spear

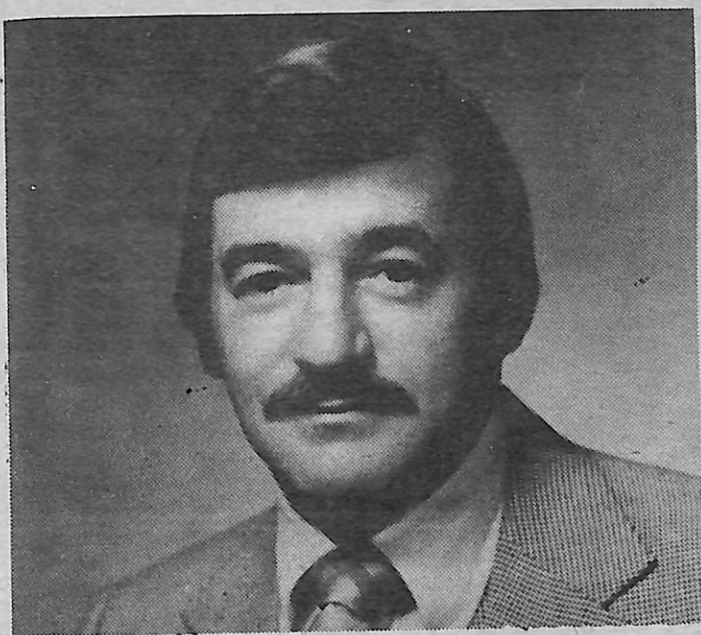
Appropriate Wine

Wine does not travel well. Even from the wine shop to home, it gets shaken up and needs days or, in some cases, weeks to recuperate. One cannot buy great wine, bring it home, pour it into a glass and expect it to be sensational. Even beer needs care in handling when moved, and wine is more fragile.

If you feel like having a bottle of wine for dinner, or with some cheese, it would be better to choose an inexpensive regional such as Beaujolais rather than

something from a grand chateau which will cost much more, and taste like a regional wine anyway if it does not have time to rest.

Wine should be chosen to match the occasion. A magnificent Bordeaux should be served with some beef and a touch of reverence. It wouldn't be wrong to drink it out of a mug in a dorm, but it would be a waste when a gallon of Gallo would do the job at hand better.



DICK PISANO

The Prudential Insurance Company Is Pleased To Announce That

Richard E. Pisano of Westfield has earned the prestigious Golden Record Award, which is presented to agents demonstrating outstanding sales and service.

Mr. Pisano comes to Prudential Insurance with more than twenty years of financial and insurance experience. Prior to joining Prudential in June of this year, Pisano held the position of Vice President and Branch Administrator of Community Savings Bank. He holds a business management certificate from Northeastern University and a certificate of advanced management from University of Massachusetts. He is a member of the Agawam chapter of Unico.

Mr. Pisano can be contacted at 1252 Elm Street, West Springfield, Mass. or by calling 736-2728 or 736-2729.

COMMUNITY CALENDAR

January 7th
Fashion Show
Irene's Closet
Walnut St. Ext.
7 p.m.

January 8th
Grange Meeting
North West St.
8 p.m.

January 8th
Hi-Lighters
Square Dance
Valley Comm. Ch.
8 p.m.

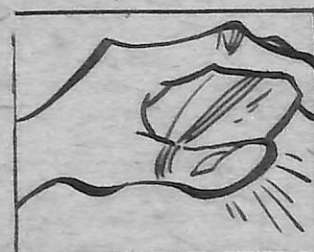
January 9th
Ham & Bean Supper
Aga. Baptist Church
5:00 & 6:15 p.m.

January 10th
St. Anthony's
Holy Name
Dinner Meeting
Squires Restaurant
7 p.m.

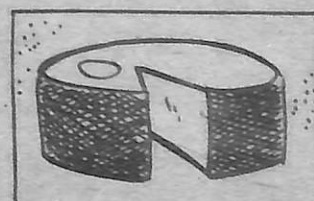


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Quartz has as many names as it has colors: pink is called rose quartz; purple or violet, amethyst; yellow is known as "false topaz."



All cheeses except those made for low-sodium diets are high in salt content. Processed cheeses can contain up to twice as much salt as the natural varieties.



Legal Memo

By Alan L. Ferrigno, Esq.

Automobile Can Be Liability

In the opinion of this writer, one act that exposes the average person to potentially enormous liability is the operation of an automobile.

The limits of even mandatory automobile insurance under the Massachusetts law should be carefully chosen, after due deliberation, taking into account factors which are unique to you and members of your family.

Your choice to elect optional coverages and in what amounts deserves your serious attention also.

Too often, people discover, after a serious accident and incurring huge medical expenses, that their automobile insurance coverage is insufficient. Certainly, such discovery is not timely.



ints For Homeowners

LOG SPLITTER CUTS TIME, COST

The energy crisis created a demand for alternatives and Americans responded in a variety of ways—some new... like synthetic oil or gas, some dating back to Grandpa's day... like the woodburning stove.

Although these stoves are now an accepted—and welcome—fixture in many modern-day "parlors," keeping them fired poses a challenge, especially the strenuous and time-consuming job of splitting logs to size, or paying the added cost—typically up to 50%—of buying wood already split.

Woodburners should welcome a new device: an economical electric log splitter that not only splits wood to usable sizes quickly, but trims expenses as well.

The electric log splitter is made by Flowtron, a division of Armatron International, of Melrose, Mass., and retails for under \$400, considerably less than gas-powered, heavy-duty models. It is safer and faster than using a maul or heavy sledge hammer. The unique double-wedge design and reversible ram action splits logs in both directions, so the owner doesn't have to wait for the ram to return. And the log splitter automatically turns itself off at the end of each split, enabling the operator to stack

or get the next log ready.

The splitter's patented power train and UL-listed



This new electric log splitter easily splits logs up to 26 inches long.

motor exerts a force in excess of seven tons, and is capable of handling logs up to 26 inches long.

Clean, efficient and portable, the Flowtron log splitter can be used in garages or basements, as well as the outdoors. It runs on a standard 110/115 volt, 15-amp household current conveyed by any standard heavy-duty three-pronged extension cord. The splitter also boasts a switch which automatically shuts off the motor to prevent overload.

It's surely another example of American ingenuity on the firing line.



Tripping About

By Jeanne Gilbert

An Inn For All Seasons

In the small town of Chittenden, Vermont, situated on 500 acres, 2,000 feet atop the Green Mountains with a panoramic view over the Mountain Top Lake, you will find the delightful Mountain Top Inn.

A few seasons ago, part of the inn was destroyed by fire; however that part has been completely rebuilt and refurbished so as to retain the same relaxed atmosphere which the inn has been noted for over the past thirty years.

Our room in the new wing was tastefully decorated and had a king size bed which really is a plus if you have been used to one at home. The bathroom was very up-to-date, even having a bidet. The amusing thing was that in this large bathroom, the plumber had installed it too close to the tub.

We found the dining room and the cocktail lounge warm and friendly places to relax and enjoy the excellent drinks, food, and service.

Antique buffs will appreciate the many fine and unusual pieces, both in the lobby and in the lounge. A small gift shop featuring handcrafted items and antiques is located in the inn.

One of the most charming customs of the inn is that upon returning to your room after dinner, you will find your bed turned down and a maple sugar candy placed on each pillow. The night light will have been left on for you, fresh linens will be hanging in the bath, and all wastebaskets and ashtrays will have been emptied.

Right outside the door of the inn, you will find over 55 miles of woodland and meadow trails for cross country skiing, and for alpine skiing, Pice an^s Killington are only 15 to 20 minutes away.

The inn has many things to keep you busy, no matter what season you plan your vacation in. Winter rates include free use of all facilities including the cross country ski trails, ice skating pond, tobogganing, ski sledding, sauna, and whirlpool spa, and game room. Horsedrawn sleigh rides are available at a nominal fee.

The Mountain Top Inn has the modified American Plan, and there are also housekeeping cottages located on the grounds with European Plan rates with maid service, if you wish.

Mountain Top Inn
Chittenden, Vermont, 05737
1-802-483-2311



Sprinkle a generous amount of salt on your carpet. Let stand for an hour before vacuuming. You may be amazed at the results.

Agawam Girl Wins In Contest

Melanie Moodie, 11, of 95 Coronet Circle, Feeding Hills, was named third runner-up in the 1982 La Femmina Model of the Year Pageant held recently at the Willow Glen restaurant.

Melanie competed in the 11-13 age division in which contestants were judged on beauty of face and figure, poise, personality, and modelling potential.

She is a sixth grade honor roll student at Agawam Middle School, and also studies baton, jazz, and ballet at the Academy of Artistic Performance in Agawam.

Forty-eight young women competed in the various age divisions in the pageant directed by Suzanne Dahlstrom.



CREAMY BROCCOLI BAKE

- | | |
|---|----------------------------------|
| 1 1/2 pounds fresh broccoli spears or 1 medium head cauliflower (about 1 1/2 pounds), separated into flowerets* | 1/4 cup milk |
| 1 can (10 3/4 ounces) condensed cream of mushroom soup | 1/2 cup shredded Cheddar cheese |
| | 1 cup Bisquick baking mix |
| | 1/4 cup firm margarine or butter |

Heat 1 inch salted water (1/2 teaspoon salt to 1 cup water) to boiling. Add broccoli. Cover and heat to boiling. Cook until stems are almost tender, 10 to 12 minutes; drain. Place broccoli in ungreased 1 1/2-quart round casserole.

Heat oven to 400°. Beat soup and milk with hand beater until smooth; pour over broccoli. Sprinkle with cheese. Mix baking mix and margarine until crumbly; sprinkle over cheese. Bake until crumbs are light brown, about 20 minutes. 6 to 8 servings.

*2 packages (10 ounces each) frozen broccoli spears or cauliflower, cooked and drained, can be substituted for the fresh broccoli or cauliflower.

High Altitude Directions (3500 to 6500 feet): Prepare as directed except—do not add salt to water. Cook until stems are almost tender, broccoli about 20 minutes, cauliflower about 12 minutes.

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SCHOOL

SCHOOL LUNCH MENU

Mon., Jan. 11: Pizza w/cheese topping, buttered green beans, spiced applesauce, milk.
Tues., Jan. 12: Vegetable beef soup, sloppy Joe in roll, buttered broccoli cuts, gingerbread w/whipped topping, milk.
Wed., Jan. 13: Steamed frankfort in roll, oven baked beans, buttered carrots, chilled pears in syrup, milk.
Thurs., Jan 14: Oven roasted chicken w/steamed rice, buttered peas & carrots, cranberry sauce, wheat bread & butter, ice cream, milk.
Fri., Jan. 15: NO SCHOOL-M. L. KING DAY

Laughing Brook Activities

Massachusetts Audubon Society's Laughing Brook Education Center in Hampden, Mass., is offering a four-week workshop titled "Pen and Ink" beginning Wednesday, January 13th, at 1:30 p.m. Kay Kudlinski will conduct the workshop designed for beginners who wish to learn techniques of using pen and ink as a medium for drawing natural history subjects. Call Laughing Brook for more information.

On Thursday, January 14th, Laughing Brook will offer a workshop entitled "Cooking With Herbs" at 10 a.m. Herbalist Mary Dupuis will outline the various uses of herbs and spices in everyday meals and samples will be available to try.

An evening illustrated talk about the rugged wilderness of North America entitled "Northwest to Alaska" will be shown on Saturday, January 16th, at 7:30 p.m. Frank Kimball, who has travelled extensively to photograph wildlife, will lead the program. Tickets for the program will be available at the door.

An open house of the solar greenhouse will take place on Sunday, January 17th from 1 to 3 p.m. It will be free with regular admission to the sanctuary.

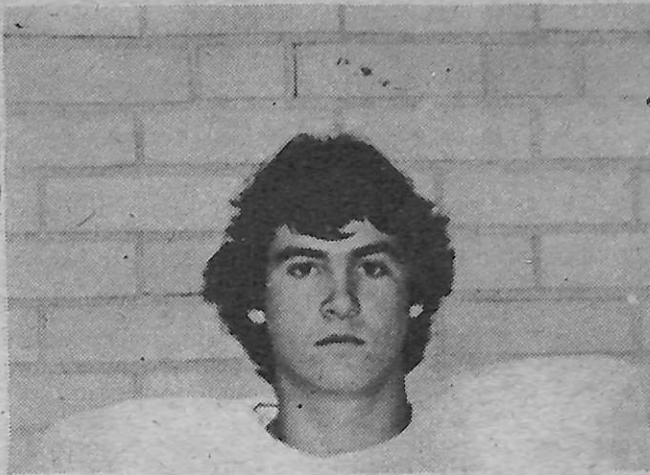
Individuals will be on hand to answer questions about solar energy, greenhouse additions, and gardening in winter.

Laughing Brook's February Festival will take place February 7th from 11 a.m. to 4 p.m. A variety of snow-related activities including snowshoeing, cross-country skiing, and snow sculpting has been planned along with ice skating, ice sculpting, and ice and wood sawing.

Indoor activities such as craft-making and storytelling with a puppet show and movies have also been scheduled. A live animal program entitled "Animals in Winter" will also be offered along with mini courses and winter walks.

The first 100 visitors will be admitted half price while regular admission of \$2 for adults and \$1 for senior citizens and children under 16 will be charged.

For more information on any of these programs, call Laughing Brook at (413) 566-8034.



AHS Senior Wins Journalism Award

Excellence in journalistic efforts was recognized recently when awards were given to eleven high schools in the Pioneer Valley area following contests held as part of the Sixth Annual Holyoke Community College Conference for High School Journalists.

Among the winners was Agawam High School senior Scott Negrucci, whose article "Five Juniors Bolster '82 Outlook" earned him the Best Sports Story award. The article originally appeared in the high school's newspaper, the *Agawam Mirror*.

The journalism conference was held to give participants the opportunity to learn from and exchange ideas with area professionals.

Friends Of Music Slate First Meeting

The first meeting of the recently organized Agawam Friends of Music will be held on Monday, January 11th, at 7 p.m. in the band room at Agawam High School.

The group, which includes friends and parents of any student involved in school performing ensembles from grades 5 to 12, will act in support for the entire music program. They hope to make up at least part of the nearly \$20,000 that has been cut from the music department budget since the passage of Proposition 2 1/2.

Monday's meeting will serve to form an executive board with representatives of the Elementary Band, strings in grades 4-9, two sections of Elementary Chorus, Middle School Band and Chorus, Junior High Band and Chorus, and Senior High Band and Chorus.

Library Offers Witchy Story Hour

The Agawam Public Library will offer an after school story hour devoted to witches on Thursday, January 21st, from 4 to 5 p.m.

Scary fun will include the story "Teeny Tiny and the Witch Woman" and the film "The Witch Who Was Afraid of Witches."

To register, call the library at 789-1550.



Guidance Bulletin Board

By Paul Cavallo
Dept. Chairman

Now that the holiday festivities have come to a close, it's time to become serious again. On January 29th, the first half of the school year will be completed. Shortly after the third marking period begins, the guidance staff at the three secondary schools will begin programming students for courses for the 1982-'83 school year.

Program of study guides for grades 9-12 are being revised and will be explained and distributed in February. An evaluation of the programming procedure for 7th and 8th graders will be done by counselors and administrators at the Middle and Junior High levels. It is our intent to make the programming process more meaningful for both students and parents.

Many notices of acceptances have been received. Congratulations to the following students who have been accepted at colleges:

Dianna Bator, Suffolk U.; Kelli Ann Cowles, Dean Jr. College; Jeff White, Cheryl Mayotte, Susan Marai, and Martha Leary, WNEC; Dede Moore, Bay Path; Michael Annino, UMass; Charles Hastings, Rose-Hulman Institute of Technology; Diane Melanson, Becker Jr. College; Bryan Kinsley, Porter Chester Institute; Barbara Kierkla, Roger Williams College; Sheila O'Donnell, Johnson and Wales; Jacqueline Bussolari and Geraldine Bussolari, AIC.

WNEC To Sponsor Financial Aid Session

The Financial Aid office at Western New England College will sponsor a free information session on financial aid programs available to present and prospective college students on January 14th at 7 p.m. at Sleith Hall Auditorium.

College financial aid experts will discuss recent federal legislative changes in financial aid programs, eligibility requirements and filing deadlines for state and federal aid programs, and instructions for completing the Financial Aid Form (FAF) required by most colleges and universities.

Those interested in attending should contact the WNEC Financial Aid Office at 782-3111, ext. 530.

Christmas Art Contest Winners Announced

Cavey's restaurant in Agawam has announced the winners of the Christmas Art Contest it recently sponsored for elementary children in town.

Damian Vincze of Robinson Park School won for first graders; Keith Comtois of Granger School for second graders; Bobby Dunn of Robinson Park for third graders; Carmino Mazza of Granger School for fourth graders; and John Shea of Robinson Park for fifth graders.

The winning entries will be displayed over the next week at the restaurant. All other entries were taken as gifts to the Providence Home for Children and to the Beaver Kelly Home for Men.



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Agawam Schools Win Utilities' Conservation Award

The Town of Agawam is the recipient of Northeast Utilities' (NU) Energy Efficient Award for exceptional efforts in energy conservation in its school system. Julian L. Miodowski, vice chairman of the town's Energy Commission, accepted the award on behalf of the town from Thomas V. Foley, NU's Springfield district manager.

In making the presentation, Foley stated, "The Energy Efficiency Award citation recognizes a 20% improvement in overall efficiency in commercial, industrial, and institutional buildings over 1972 levels. The great effort by the school system has exceeded even their own high standards for improved energy efficiency."

He promoted the conscientious energy-saving measures taken by Agawam High and Agawam Junior High as examples. Over a five-year period, the Agawam Junior High School energy program recorded the highest electricity savings of 45% (approximately 944,000 kilowatt hours). Over the same period, the senior high accomplished a 28% savings in oil costs with more than 31,000 gallons saved.

Miodowski cited the high school as an outstanding example of what energy conservation efforts can accomplish. He highlighted the practical procedures the school initiated to produce the savings when the school was enlarged last year.

A separate boiler room was installed to provide hot water close to where it is needed. This prevents energy loss due to extensive transportation through pipes.

Boilers with combination burners capable of burning any of three grades of oil - number 2, number 4, or number 6 - or natural gas were also installed. This makes it possible to burn the least expensive fuel.

A modern oil-fired heating system with new controls was installed along with insulating windows in the gymnasium areas and a windscreen door in the hallway connecting the cafeteria and gym.

A heating system was changed to use hot water instead of steam.

Miodowski pointed out that the initiatives saved \$66,000 in oil costs during the 1980-81 academic year. "The savings were significant because they were achieved after the renovation program had added 29% more floor space," he noted.

He thanked the school's Building Committee and the architect for their "excellent judgment in setting priorities for the structure, a concern for energy that will result in significant cost savings for the citizens of Agawam."



NU HONORS AGAWAM FOR ENERGY EFFICIENCY-The town of Agawam receives the National Energy Watch Award for exceptional conservation efforts. Thomas V. Foley (second from left), NU Springfield district manager, presents the citation to Julian "Lou" Miodowski (center), vice chairman of the town's Energy Commission and Director of Public Properties. Joining in the presentation are, from left: Louis Draghetti, chairman of the town's Energy Commission and James O'Connell, energy coordinator for Hampden County. The town has been recognized by the Commonwealth of Mass. for its energy conservation in school buildings and is considered "energy conscious" by the state officials.

Established in 1980, the Energy-Efficient Achievement Award Program is part of a national electric utility effort called the National Energy Watch (N.E.W.) developed to recognize publicly significant energy conservation efforts.

The N.E.W. effort in turn is part of NU's larger program, NU Conservation Program for the 1980's and

1990's, which has as one of its major goals the reduction of the amount of energy its customers use.

Since NU initiated the award program, the company has received approximately 4,000 requests for enrollment and more than 686 buildings are enrolled in the program. The award has been presented to more than 143 commercial, industrial, and institutional buildings.

COLLECTIVE COLLECTING

There's a special bonus in philately, or the simple art of stamp collecting: it's a hobby that can—and is—shared by family members of all ages.

Young stamp enthusiasts may get their start almost at the same time they start reading. Such collecting often lasts through teen and college years and more times than not is shared by siblings, parents or other kin.

Often an uncle or grandparent may find himself digging a dusty collection out of an attic to be admired and perhaps to inspire some member of the younger generation... and a new collector is born.

Stamp collecting has grown to be the most widespread hobby in the U.S. and it's popular in other developed countries. Parents and youngsters can further their interests by joining stamp collecting clubs (they're everywhere) where they'll have the chance to meet new friends sharing this special hobby.

Stamp auctions offer a special treat that can be turned into family outings. Watch newspapers and magazines for such events. They're usually widely publicized.

Such auctions offer opportunities to find rare specials in stamps that may be of potential value, dollar-wise, or just some longed-for stamp that will complete part of a certain collection.

To get your youngster started on an interesting—and educational—hobby, you can send \$1 plus postage for a kit to: American Stamp Dealers Association, Inc., 840 Willis Avenue, Dept. N, Albertson, NY 11507.

ALL DAY SKATE

Friday, January 15th - Martin Luther King Day

PUBLIC SKATING SCHEDULE

Adm. \$1.75	11:30-2:00	Rentals 75¢
OR		
Adm. \$1.75	2:15-5:00	Rentals 75¢
All Day	11:30-5:00	\$3.00

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LIGHT SHOW SKATE
FRIDAY, JAN. 29th

ROLLAWAY

Opposite Riverside Park

DAYS	TIMES	ADMISSION	RENTAL	TOTAL
*THURS. EVES.	7:30 - 10:00	\$2.25	n/c	\$2.25
PUBLIC SKATING				
*FRI. EVES.	7:30 - 11:00	\$2.75	.75	\$3.50
TOP 40 - ROCK - FAST PACED SESSION				
SAT. BEG. CLASS	11:30 - 12:15	\$1.50	n/c	\$1.50
SAT. AFT.	12:45 - 4:00	\$1.75	.75	\$2.50
ACTIVITIES & GAMES geared to a FUN AFTERNOON for CHILDREN				
SAT. INTERMEDIATE CLASS	4:10 - 4:40	\$1.50	n/c	\$1.50
*SAT. EVES.	7:30 - 11:00	\$2.75	.75	\$3.50
TOP 40 - ROCK - FAST PACED SESSION				
SUN. AFT.	2:00 - 5:00	\$1.75	.75	\$2.50
PUBLIC SKATING - All Ages				
*SUN. EVES.	7:30 - 10:00	\$2.50	.75	\$3.25
ALBUM ORIENTED ROCK				
*TUES. EVES.	7:00 - 10:00			
FAMILY & DANCE NITE - Slow Paced Session - Organ & Easy Listening				
Music/4 dance sets				
REGULAR ADMISSION		\$2.50	n/c	\$2.50
FAMILY RATE 1 parent must accompany children to get family rate!				
FIRST MEMBER		\$2.50	n/c	\$2.50
EA. ADDITIONAL MEMBER		\$1.25	n/c	\$1.25
WED. MORN.	10:00 - 12:00	\$1.75	n/c	\$1.75
MOTHERS - PRE-SCHOOLERS & PUBLIC				
WED. AFT.	3:15 - 5:15	\$1.75	n/c	\$1.75
AFTER SCHOOL SKATING				

Good Times For Beginners.

SPORTS

AAA Piranhas Off To Good Start

The Agawam Athletic Association Piranha Swim team began their winter season, some 80 members strong, on November 1, 1981. Under the direction of their new coach, Billy Vevier, the club worked hard in practice and had just two weeks to prepare for their water season which began on November 21.

So far, the team is doing just fine. They can feel proud of their individual accomplishments but most of all, the Piranhas have displayed a team togetherness and spirit.

On December 9, the Piranhas defeated Chicopee by tabulating a superb 460 points and 59 first, second and third place finishes.

Those finishing in first were: Gary Jock (25 back); Jennifer Scalise (50 free); Michael Tassinari, (50 free); Joe McLean (50 free); Pat O'Brien (50 back); Claudine Talbot (200 free); Fred Depka (50 free & 100 free); Gina Iacola (200 free and 100 back); Tara Hazen (200 IM & 100 free); Lynn Fratini (50 free and 100 breast); Tony Tassinari (25 fly & 50 free); Erin O'Brien (50 free); Denise Byrnes (50 free); Chris Paltz (50 breast); John Cappuccilli (100 free); Kim Cascio (200 IM and 100 free); Krisen Smus (100 free & 100 back); Rich Vezis (100 fly and 100 back); and Karen Wesley (100 fly).

Second place finishers were: Dorothea Mazeika (25 free); Susan Christian (25 free); Christen Phillips (100 IM); Jennifer Scalise (50 fly); Jason Krynicki (50 breast); Chris Mahoney (50 breast); Jennifer Jock (25 back); Gary Jock (25 free); Melissa Wojcik (50 free); Derek Van Tassel (100 IM); Dana Orsucci (50 back); and Ann Llewellyn.

Other second place finishers were: Becky Turner (50 fly); Carrie Vivenzio (50 breast); Michael Jock (50 back); Pat O'Brien (200 IM); Claudine Talbot (100 breast); Sandy Albano (25 fly); Tina Pirnie (100 fly & 50 back); John Cappuccilli (50 fly); Brian Wesley (50 breast); Mona LeClair (50 free & 100 fly); Karen Wesley (100 breast); Tracey Daborowski (25 free).



MEMBERS OF THE AGAWAM HIGH SCHOOL GIRLS JUNIOR VARSITY BASKETBALL SQUAD, which currently sports an undefeated record, are, back row from left: Gina Letellier, Julie Miodowski, Sue Geohler, Diane Goodman, Ann Phillips and Coach Shari Baldarelli. Front row: Lena Kosloski, Dana Venturini, Maria Ollari, Jo Mercadante, Leah Negrucchi and Coleen Ferry. Advertiser/News photo by Jack Devine.

Junior Varsity Still Unbeaten

Varsity Girls Down West Side

The Agawam High girls' basketball team overpowered West Springfield 30-23 last week after trailing at halftime 14-8.

Barb Walsh netted 12 points and Chris Altobelli got 7 in the win which put the varsity standing at 3-2 with fourteen games remaining.

Other victories included a 46-30 win over Longmeadow with Barb Walsh and Maria Kosloski sharing scoring honors with 14 apiece and over Minnechaug behind Barb Walsh again with 14.

Losses came against Cathedral (53-33) and South Hadley (53-29).

The team is coached by varsity newcomer Diane Mercadante.

AHS junior varsity girls now boast a 5-0 record under the watchful guidance of coach Shari Baldarelli.

First to fall to the Brownies was Cathedral in a 31-21 matchup behind Lena Kosloski's 11 points. The JV's then went on to defeat Longmeadow with Julie Miodowski, Diane Goodman, and Sue Geohler each scoring six points.

A victory over Minnechaug saw Diane Goodman emerge as high scorer with 8 points, and one against South Hadley brought Lena Kosloski 8 points as well.

The most recent defeat was handed to West Springfield with the final score a whopping 40-23. Lena Kosloski sank 11 points, and Dana Venturini got nine, seven of which were from the foul line.

Tri-Parish Bowling League Update

With half the matches in the second round rolled off, Holy Cross, captained by Eddie Gallerani, leads the standings in the Tri-Parish Bowling League. He is ably assisted by teammates Rose Mercadante, Fred Alty and Maybeth Coughlin in maintaining first place following an accumulation of 12 wins and 5295 pin-fall against St. Anselm's.

Georgetown soared from sixth place to second behind captain Al Moccio's 122-122-98 set. Venetta Snyder helped her team's cause with a 108 string to the delight of teammates Barbara Clifford and Peg Tassinari.

St. Mary's lost four points to fall to third place, and the Villanova team took three points behind the fine effort of Michael Chekovsky who totaled 340 points.

300-Club Famers: Eddie Connor, Al Moccio, Steve Stork, Jeff Danner, Mike Chekovsky, Eddie Anderson, and Mike O'Connell.

100-Clubbers: Ray Barbieri, Eddie Connor, Al Moccio, Steve Stork, Eric Geiger, Chuck Lehberger, Jim Snyder, Jeff Danner, Bobby Moccio, Mike Chekovsky, John Rescigno, Eddie Anderson, and Mike O'Connell.

Women 100-Clubbers: Esther Depalo, Janice Moccio, Debbie Poirier, and Venetta Snyder.



SPORTS CALENDAR

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BOYS BASKETBALL

Fri. Jan. 8th Greenfield (Home)
Tues. Jan 12th E. Longmeadow (H)

GIRLS BASKETBALL

Fri. Jan. 8th Northampton (A)
Tues. Jan 12th Westfield (A)

VARSITY HOCKEY

Tues. Jan. 12th Classical 7:30 pm
Fri. Jan 15th Cathedral 7:00 pm

WRESTLING

Fri. Jan 8th Tech (Away)
Wed. Jan 13th Westfield (Home)

SWIMMING

Tues. Jan 12th West Side (H)

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JV Hoop Captains



Captains for this season's junior varsity basketball squad are Jo Mercadante and Collen Ferry. The girls sports a 5-0 record at press time. Advertiser/News photo by Jack Devine.

Varsity Swimmers Now Two For Two

Eighteen Agawam High School varsity swimmers, participating on a co-ed team dictated by small numbers and economic considerations, have racked up victories over Pittsfield High (88-77) and Chicopee Comp (89-71) in their first two meets of the season.

Competing in the boys' division of the Pioneer Valley Interscholastic Athletic Conference Swimming League, Agawam has exhibited considerable depth in its squad this year, according to team coach Dave Smith.

"Agawam has always had good swimmers and divers, but never enough of them in any one season to be in the thick of things for team standings," Smith stated. "This year, we have a combination of some better-than-average swimmers and some who support the effort with critical third, fourth, and fifth place finishes needed to win individual events and meets."

Sophomore Paul Talbot has four first-place wins in the first two meets and has set three new varsity team records. Against Pittsfield, he lopped ten seconds off the previous record of 2:05 in the 200-yard freestyle. He then swam Agawam's first under-one-minute 100 butterfly to do it in 59:47 and establish his own personal best time in beating the previous record of 1:03.

Against Chicopee Comp, Talbot took the 100 butterfly and set a new school record of 23:16 in the 50 yard freestyle, slicing more than a full second off the previous time for the sprint event.

Among other bright spots on this year's team are senior co-captain John Favreau, a double winner against Comp, and freshman Fred Depka, also a double winner in the Comp meet who is unbeaten this year in the one meter diving event.

Distance swimmers this year will be sophomore Andy Vezis and freshman Jay Duval.

Smith credits the Agawam Athletic Association's Piranhas swim team with producing some of the team's "swimmin' women."

"A bumper crop of very capable, dedicated Piranhas' graduates, led by senior co-captain Tammy Lucia, are represented on this year's team. Good potential is exhibited by Claudine Talbot, Tara Hazen, Karen Wesley, Bev Johnson, and Donna Fydenkevez," said Smith. "Tara is maybe the hardest working non-complainer on the team."

Rounding out the rest of the squad are Rita Iacolo, Lynn Fratini, Mike Annino, Lisa Herd, Jeff Hastings, Steven Flood, and Kathy Nolan.

A phrase printed on the team board at Agawam's home pool reads Performance Requires Individual Dedicated Effort (PRIDE). According to Smith, this year's swim team displays this attribute, and they invite town residents to attend their meets and develop their own pride in this team.

More "Friends & Neighbors"

Former AHS Athletes Hold Reunion

On December 17th several former Agawam High School athletes and coaches got together at the Cavalier Steak House in Chicopee to share the joys of the holiday season and to share some fond memories.

Although the group was smaller than expected, the company was enchanting. LEE HARVEY, former three sport athlete at the high school is a junior at Western New England College on a full academic scholarship was a bubbly as ever.

Lee is a mechanical engineering major with tentative plans to take her skills overseas if "Mom" won't miss her too much. Lee's sister, LORI HARVEY, is a sophomore at WNEC now majoring in English.

Lori began her college career as a biology major but decided there was enough "anatomy" just walking around campus. Lori works in the admissions office as a tour guide.

MICHELE KOROB, a soccer and softball star of yesteryear at AHS, is now in her senior year majoring in criminal justice and psychology at American International College. Michele plans to continue her education following her June graduation.

KAREN TYBURSKI, the former number one softball hurler in Western Mass., is on an athletic scholarship at AIC. Karen just completed student teaching in business at (where else) Agawam High. Karen plans to write a book although she would not comment on its content or subject. Karen also graduated from Springfield Technical Community College with the 1980 "President's Cup" for being an outstanding athlete and student.

LAURIE PLACANICO has been working and spends much of her spare time perfecting her racquetball game. SHARI BALDARELLI, a "household" name in schoolgirl soccer, basketball and softball at

Agawam High, has joined the ranks of coaching. She is serving as interim junior varsity basketball coach for Agawam High. (We're all hoping she'll get the permanent appointment).

KATHY FOLEY is on an academic scholarship at Michigan State on a pre-veterinarian medicine program. Kathy says the "Great Lakes Boys" are just that - great. Former gymnastics coach ANDREA GOLZMANE enjoyed the dinner and the company and although she is retired from coaching, Andrea still stays very active teaching, including aerobic dancing. She's trying to generate some square dancing enthusiasm as well. Andrea lives in Chicopee with her husband, MIKE, and children MIKE & LORI JEAN.

BARBARA STEVENS, presently on a leave of absence as Agawam High varsity basketball coach, laughed all through the dinner. (a pleasant change from the noise of the soccer season). Barbara's 4th year team had a fine showing in this year's tournament.

Barbara has been a positive influence in the 3 major girls sports at AHS. She's quiet, but her coaching achievements should not go unnoticed. Barbara is anticipating a busy summer although she won't be umpiring this year.

CAROL ORSATTI, who organized the dinner, hopes to make the affair an annual event and projects that some of the athletes who were unable to attend this year will be front and center during the 1982 holiday season. Carol coached the varsity soccer team at Agawam High in its first two years. She also coached varsity basketball to its first two league championships and the softball team to 3 league championships. Ten of Carol's eleven seasons of coaching sported winning records. Carol keeps busy attending to her new team - sons GARRICK AND AARON.

QUICK QUIZ



How much do you know about the advanced engineering of today's motorcycles?

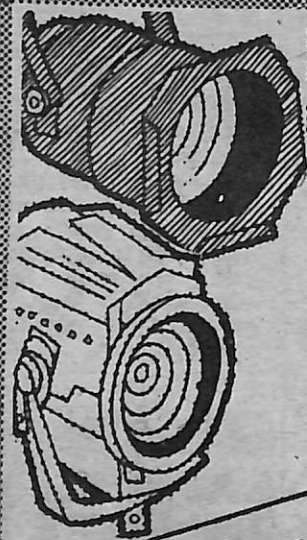
1. Turbocharging is (a) a new type of credit (b) a racing technique (c) a method which combines fuel efficiency of a small motor with the power of an engine twice its size?



2. Fuel injection means (a) putting gas in the tank (b) a more efficient method of feeding fuel into the

engine (c) a new type of carburetor?

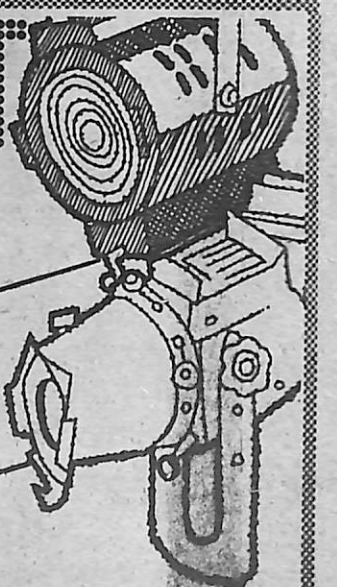
ANSWERS: 1. (c) Turbocharging is a method in which exhaust gases from the engine turn a turbine, which spins a compressor, forcing more fuel-air mixture into the cylinders, resulting in greater mileage, power and efficiency. 2. (b) Fuel injection eliminates the need for a carburetor by injecting fuel directly into the engine's intake tract. The Honda CX500 TURBO, for example, is the first motorcycle with a digital computerized fuel injection system.



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Agawam Hockey 8-10 Squirts Smash Wilbraham, 8-0

The Agawam Hockey Association's 8-10 Squirts smashed a club from Wilbraham, 8-0 in recent action to up their record in the league to 5-0 and to 9-1 overall.

Scoring for the locals were Brendon Blake (2), Michael Shea (2), Chris Shuman (2) and Craig LaPierre.

Adding assists to the Agawam log were Mike Shea (2) followed by singletons from Chris Shuman, Craig LaPierre and Mike Keeney.

Registering the shutout for the locals was Deke Egan. Deke stopped a rare penalty shot to rescue the shutout for Agawam.

Other players who contributed to the winning effort were Doug Asselin, Dan Fugiel, Steve Morse, Tom Locke, Jagger Griffin, and Chris Rocheford.

Congratulations to the squad, sponsored by Simon Container and good luck in future games.

AHA 6-8 Squirts Register First Win Against Chicopee

The Agawam 6-8 hockey team won their first game of the season Saturday at Blunk Park against Chicopee. The 4-0 win brought the squad record to 1-4 and they now appear to be on the road to improvement.

Coach George Chrsanthopoulos said the boys played a great game and have come a long way since the beginning of the season.

Goalie Jeff Perreault, playing his third game in the nets, was helped to the shutout thanks to the fine defensive play of Jeff Hebert, Matt Cappa, Michael Montesi and Steve Morris. Tommy Locke scored all four of the Agawam goals and was assisted by Paul Parker, Kevin Fleury, Pat McCormick and Phillip Shuman. Andrew Parrelli playing center and wings Kevin Chrsanthopoulos and Mike Beltrandi played outstanding games.

Brownie Hoopsters Sink Holyoke Cath. In Toughie, 61-53

By Chris Hout

The Agawam Brownies, sparked by a 23 point, 6 rebound performance from senior point guard Timmy Ayre, rolled past a tough Holyoke Catholic squad 61-53 Tuesday night in schoolboy basketball action in the Paper City.

Following the victory, Agawam improved their seasonal output to 4-2 overall and an impressive 4-1 in the league.

"Holyoke Catholic was very tough tonight," said Agawam coach Lou Conte following the Brownie win. "We have always had a tough time up here in their gym. Their home court gives them an eight point advantage in every game. It's a tough place to win but we did tonight."

Indeed they did. In addition to Ayre, the locals were sparked by junior center Clark Dore who had 14 points and 8 rebounds. Holyoke did an effective job in neutralizing Dore who came in averaging nearly 28 points per contest.

Senior forwards Nadim Yacteen and Scott Josephson also had big nights for the winners. Yacteen pumped in 15 points, while Josephson had 4 points and eight big rebounds.

"Our kids played really well tonight," praised Conte. "I can't say enough about the way this team hustles. We are not very big but we're always hustling. We are going to be tough the rest of the way."

The Brownies flirted with 8-10 point leads throughout the game and held a 28-18 halftime lead. Holyoke cut Agawam's lead to six in the third period as Agawam got themselves into severe foul trouble.

Senior guard Scott Negrucci (4 points) fouled out in the third quarter and Josephson was playing with three of his own.

That was the signal for Ayre and company to put the offense in high gear as the Brownies ripped off several unanswered points at the start of quarter number four.

Holyoke Catholic cut the deficit to eight midway through the final stanza but couldn't get closer as Agawam tightened up on defense, halting the charging Gael's.

The Brownies entertains B Division co-leader Greenfield who also sports a 4-1 record in the league. This important clash is for "bragging rights" of B Division. Game time is 7:30

Westfield Stops Brownie Skaters In 3-2 Thriller

By Chris Hout

The Agawam Brownies valiant comeback effort against the Westfield Bombers came up just short Tuesday night at the Coliseum in a thrilling 3-2 loss in schoolboy hockey action.

Agawam, trailing 3-1 early in the third period, fought back within one as sophomore Dean Liptak scored his first varsity goal with about two minutes remaining.

The rest of the show belonged to Westfield goaltender Dutch Renschler. Renschler thwarted several Agawam scoring threats in the waning moments of the game, giving Westfield the victory.

Agawam's record dropped to 2-3 following the defeat.

The loss spoiled the brilliant effort of junior net-minder Kevin Kamyk who recorded 28 saves in the loss. Kamyk came up with the big save all evening as Westfield, who never trailed, continually threatened to break the affair open.

"Kevin played an excellent game for us tonight," praised Agawam boss Bill Sapelli. "He cannot be blamed on any of those goals. It wasn't for him we would have been beaten by a wide margin."

Westfield wasted little time getting into the scoring column in this one as John Collier scored at the 0:13 second mark of the opening session.

After missing several golden opportunities on the power play, the Brownies finally tallied. With 2:52 remaining in the first period, Bobby Eggleston's slapper eluded Renschler to knot things at 1-1. Mike Lazazera and Frank Rondolletto assisted on the play. Agawam outshot the Bombers, 11-8 in the first session.

At the 12:04 mark of the second period, Westfield's John Mundorf solved the Kamyk mystery by popping a quick shot over Kamyk's shoulder and into the Agawam net. Westfield carried the 2-1 advantage into the lockers with one period remaining.

Renschler made 7 big stops in the period, including one blast which smashed into the post.

The final period was a bit choppy to say the least as the fast and furious action took its toll on the respective squads.

The Bombers capitalized first when Dan Puza pushed one by Kamyk for the eventual game winner at 3:54. Kamyk was screened on the play.

Dave Liptak collected the cards on a rare power play goal with 2:03 remaining in the contest. Liptak collected a rebound in front of the Bomber cage and promptly tucked it home bringing Agawam to within one at 3-2. Paul Mercure and Dave Bell assisted on the Liptak tally.

The locals carried the play for the final two minutes, keeping the Agawam faithful on the edge of their seats. Sapelli pulled Kamyk in favor of a sixth attacker with 28 seconds left but Renschler was equal to the challenge.

"Westfield was tough tonight," said a disappointed Sapelli. "I figured it would be a one goal game with either team winning. Unfortunately, it wasn't us."

Sapelli said his squad appeared confused and bunched during the battle and said it would be back to the drawing board for a Thursday, January 7th encounter with archrival, but a much weaker, West Springfield side.

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Sportsmen Corner

By Bill Chiba

1982 WILD TURKEY SEASON

Dennis P. DeCarli, deputy commissioner of the DEP, has announced plans for a Conn. Spring Turkey Hunting Season from May 8th through 22nd. Applications for wild turkey hunting permits will be available in town clerk's offices starting January 1st. All applications must be postmarked not later than February 1, 1982, to be eligible for this year's turkey season.

As in the past, a limited number of permits are available, and the recipients of those permits will be selected by a random computerized lottery. It is important that all applicants should obtain a copy of the '82 Deer and Turkey Hunting Field Guide and read it carefully since incomplete or incorrect applications cannot be accepted.

The wild turkey season for the spring will be conducted very much as was the 1981 season. State land areas, private land zones, bag limits, shotgun and archery limitations, hunting hours, area and zone quotas, and other restrictions remain unchanged. There will, however, be some change affecting the use of consent forms for hunting on private land.

It is still required that one completed consent form accompany the card being returned by the hunter after notification of selection in the lottery. This year, a turkey hunter will be allowed to locate other willing landowners prior to and during the season, have additional forms completed, retain the originals and forward two copies of each to DEP's Licensing and Revenue Unit in Hartford. While the forms are identical, validation of secondary consent forms is not required. A turkey hunter can thereby expand his hunting area during the season within the area for which he was selected without the delay involved in having a consent form validated.

Paul Herig, Wildlife Unit director, recommends that applicant for 1982 turkey permits should consider private land, if possible. While 13 applications were received for each of the 284 state land permits issued in 1981, private land quotas were not filled. Twice as many turkeys were harvested on private as on state land.

UMASS THE LEADER

The University of Massachusetts has for 18 years been the leading research institution on the fisheries of the Conn. River. This research has been conducted by the Department of Forestry and Wildlife Management and the Mass. Cooperative Fishery Research Unit. This unit is a cooperative research and graduate education program that is supported by the university, the Mass. Division of Fisheries and Wildlife, the Mass. Division of Marine Fisheries, and the U.S. Fish and Wildlife Service. Over 25 graduate degrees, 30 scientific publications and the major symposium "River Ecology and Man" have been produced in this effort.

Specifically, the UMASS researchers have provided the scientific information that has been the basis for return of the American shad and Atlantic salmon to the river.

Each year when the salmon and shad return to the river, UMASS students spend about 2000 hours at the Holyoke Fishlift and the Turners Falls fish ladders counting fish, collecting data and assisting in capture of salmon for breeding purposes. In addition, UMASS researchers have been tagging shad with radio transmitters to study fish migration behavior and the effect of hydro-electric dams, turbines, and the Northfield piped storage plant on Connecticut River fish.



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Coaches & Captain



AGAWAM VARSITY HOCKEY COACHES Mark Faucette (left) and head coach Bill Sapelli (right) flank varsity captain Todd Ruby for a "bubble gum card" pose prior to a recent workout at the West Springfield Olympia. Advertiser/News photo by Jack Devine.

The Well Dressed Man

THE FIT

The first thing you need for a good-looking wardrobe isn't an article of clothing at all. It's a good look at yourself in a full-length mirror. Even the most expensive clothes won't look good if they don't fit right, and a good fit should be defined as what is most flattering for your body type.



A well-fitting vest should not pull at the buttons.

Decide if you're tall or short, slim or stout, broad-shouldered, narrow-waisted, long-armed, whatever. Determine what parts of your body you want to minimize or maximize. Be honest with yourself and your clothes are more likely to lie right.

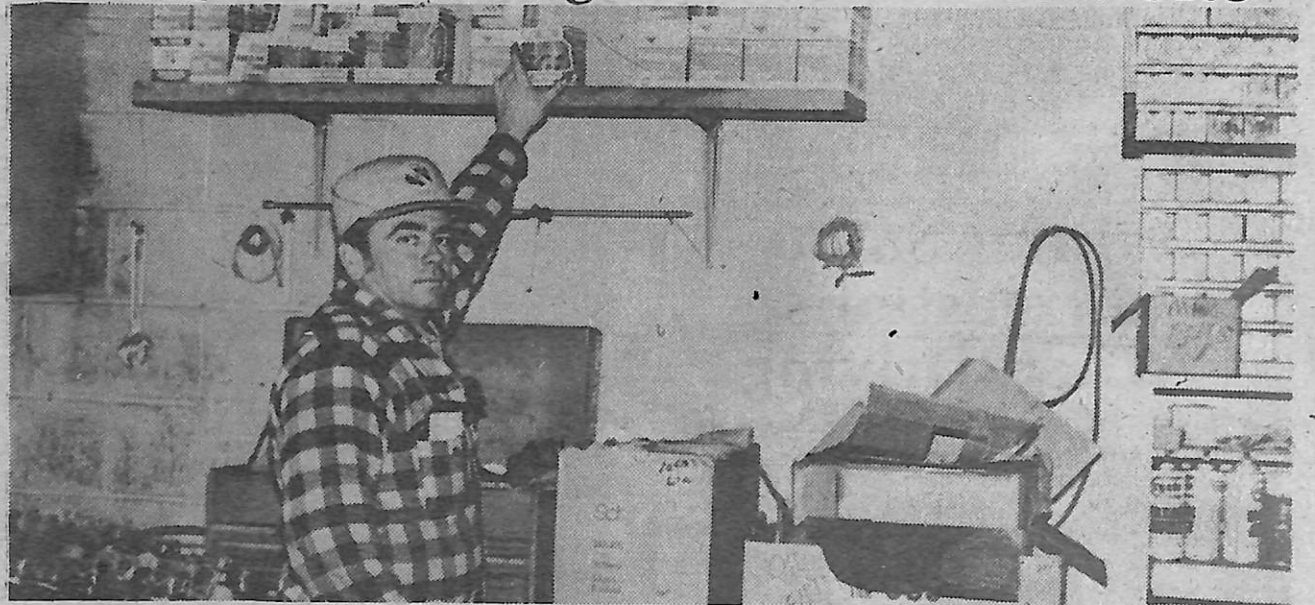
Now, it's time to consider your clothes. First the jacket. It should drape smoothly, without wrinkles or stress. The sleeves should fall at a comfortable length for your arms, allowing a bit of your shirt cuff to show beyond the jacket sleeve. At the back collar of the jacket, you should be able to see some of your shirt collar. A good rule of thumb to determine the correct length of your jacket: let your arms hang loosely at your sides and make a slight fist. The

bottom edge of your jacket should be in line with the bottom of your fist.

Another good investment in fine fitting clothes is the time you spend checking out your vest. The vest should not pull or stress at buttons (the bottom buttons should be left open). Check for wrinkles across the back of the shoulders and be certain that the shoulders of the vest are narrower than your own. The armholes should not be too tight or too large. The vest should fit comfortably, yet hug your torso, neither pulling nor gaping when you sit.

If you follow these suggestions, you're more likely to find your clothes are a fitting way to show your good taste.

Campbell's Garage Moves To New Site



TOM VINING, formerly of Campbell's Garage on School Street, has moved his popular service station to the corner of River Road and Leonard Street in Agawam and welcomes his old customers to stop by for professional and quality auto repairs. Advertiser/News photo by Jack Devine.



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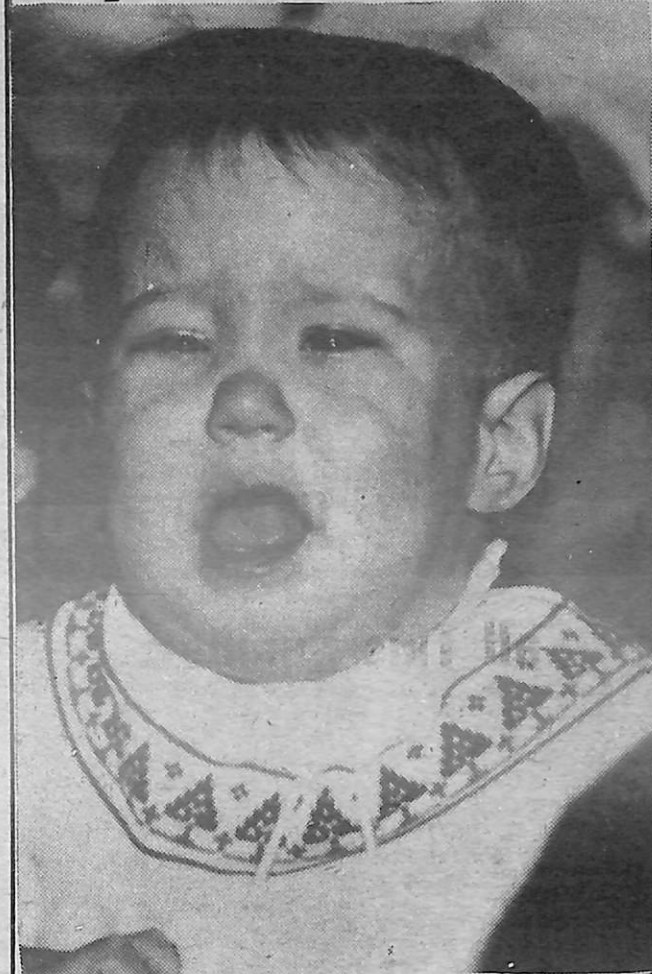
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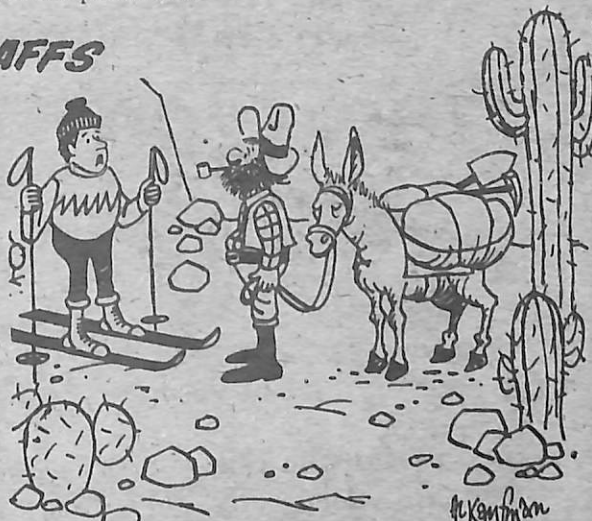
11-Month old REBECCA COUCHON of 16 Kimberly Circle, Feeding Hills, is unhappy that everyone in the neighborhood got the day off from school on Monday and they couldn't take her out sledding because of the rainy conditions. Rebecca says she will wait for the first snowy day and take a "rain check" for Monday's terrible weather. Advertiser/News photo by Jack Devine.

Winter Safety Suggestions When Driving

With winter upon us, we must make changes in our driving habits. Snow and ice present special conditions that motorists must adjust to. By following the suggestions below for winter driving, you will improve your chances of having an accident free winter.

1. Clean ALL windows on the car before driving so that vision is unimpaired.
2. Be sure your vehicle is equipped with good tires, and a defroster and windshield wipers that function properly. Be sure that your vehicles exhaust system is in good condition to avoid the chance of being overcome by carbon monoxide.
3. REDUCE YOUR SPEED substantially. Snow and ice on the highway increases stopping distances. Be alert for icy spots in shaded areas and ice on bridge surfaces even though roads appear clear.
4. Be alert for parked cars and children playing along the road. Snow plowed to the edge of the road decreases the width of the road.
5. If your car begins to skid do not step on the brakes. Steer your vehicle into the skid and correct the skid to regain control.
6. If you need to reduce your speed quickly, pump the brakes gently after removing your foot from the gas.
7. If your car breaks down try to get it off the road as far as possible and leave the flashing emergency lights on. If you remain in the car with the motor running, open a window.
8. If you have a flat tire be sure to position the jack on a clean surface and not on ice or snow where it may slip.
9. During and after snowstorms do not leave your car parked on the highway where it will hamper snow removal operations.

LAFFS



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YOUNG ATHLETES



Leon Reed: Ready to run his race—and forget the other guys.

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Reed admits to a slight problem: "Out in front, I slow down—I start thinking about where the other guys are."

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Every year, millions of boys and girls from eight to 18 are going "for all they're worth" in the Junior Olympics, an amateur athletic program. They compete in 18 sports in more than 2,000 local and state meets. The best move up to 15 regional championships. Ultimately, 10,000 qualify for the finals.

The Amateur Athletic Union and the program's sole national sponsor, Sears, Roebuck and Co., foster the basic ideal of the

program: "To develop American athletes the American way"—as private citizens, in cities and rural areas across the land.

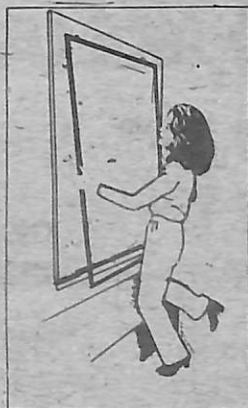
Leon and his teammates won fourth place overall

in the 440-yard relays in the finals held in Lincoln, Nebraska. In the 100-yard dash, Leon placed seventh in the finals—and barely missed winning a medal. Only hundredths of a second separated all eight runners. "The guy with the longest neck won," says Leon.

Junior Olympics athletes, no matter where they finish, learn more about themselves. Some, like Leon, learn to focus on their own goal and ignore all distractions. For other athletes, other lessons. It's a rare young person who doesn't become a better individual for having taken part in the Junior Olympics.

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